

JEFFERSON

JOURNAL

November/December 2016



Behind Closed Doors
A Closer Look At In-Home Senior Care

A woman in a long dress and jacket walks away from the camera on a sandy beach. In the background, a large, pointed rock formation (Haystack Rock) stands under a hazy, overcast sky. The scene is captured in a warm, slightly desaturated color palette.

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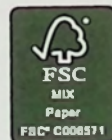
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FEATURED



6 Behind Closed Doors A Closer Look At In-Home Senior Care

Jennifer Margulis

Ashland-based investigative journalist and science writer, Jennifer Margulis, Ph.D., delves into the world of in-home senior care for this feature, made possible by The Fund for Investigative Journalism (FIJ) in Washington D.C., and the Journalists in Aging Fellows Program of New America Media and the Gerontological Society of America.

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Reimagining The “Public” In Public Radio

In late August, NPR announced that it was discontinuing the feature on NPR.org that enabled visitors to make public comments about its online news stories. The announcement surprised me. After all, it seems antithetical for an organization with the word “public” in its very name to eliminate a mechanism for receiving public feedback.

In making the announcement, NPR cited three main reasons.

Number one: The comments sections were being used by very few people. When NPR crunched the numbers they found that just 4,300 users posted about 145 comments apiece, or 67 percent of all comments for this past June and July. More than half of all comments in May, June and July combined came from a mere 2,600 users – 0.003 percent of the 79.8 million NPR.org users who visited the site during that period.

Number two: With the growing popularity of social media platforms, there are better ways for the NPR audience to engage with NPR content. NPR currently hosts 30 different Facebook pages and more than 50 Twitter accounts as well as having a presence on Snapchat, Instagram and Tumblr. Twitter alone attracts over 5 million people each month who engage with NPR content, according to Scott Montgomery, NPR’s Managing Editor for Digital News. Montgomery says that NPR is also exploring other promising engagement tools, such as Hearken, a platform created in 2015 which solicits questions from the public for a news organization’s reporters to answer.

Number three: The comments sections at NPR.org never achieved NPR’s goal of fostering constructive civic conversations. When NPR launched its comments sections in 2008, it idealistically announced, “We are providing a forum for infinite conversations on NPR.org. Our hopes are high. We hope the conversations will be smart and generous of spirit. We hope the adventure is exciting, fun, helpful and informative.” The reality of what the comments sections had become was best summed up by Mike Durio, a listener from Phoenix, Arizona who wrote to NPR Ombudsman, Elizabeth Jensen, back in April saying: “The comments have devolved into the Punch-and-Judy-Fest of moronic, un-illuminating observations and petty insults I’ve seen on other, pretty much every other, Internet site that allows comments. This is not in keeping with NPR’s take-a-step-back, take-a-deep-breath reporting ...” Another NPR.org user wrote NPR imploring: “Remove the comments section from your articles. The rude, hateful, racist, judgmental comments far outweigh those who may want to engage in some intelligent sideline conversation about the actual subject of the article. I am

Like NPR, at JPR we’re experimenting with new online tools that keep us connected to and engaged with our audience.

appalled at the amount of ‘free hate’ that is found on a website that represents honest and unbiased reporting such as NPR ...”

JPR’s own experience over the years soliciting meaningful public input through our website and digital platforms has mostly mirrored NPR’s experience. When we launched JEFFNET in 1995 as a way to provide Internet service to rural communities in Southern Oregon we also created listener

forums that we hoped would stimulate thoughtful discourse and informed civic debate about important community issues. But those forums, which morphed into a comments feature for our individual stories, never really caught on. And, the

comments that we did receive were generally from a very small, narrow cross section of our audience.

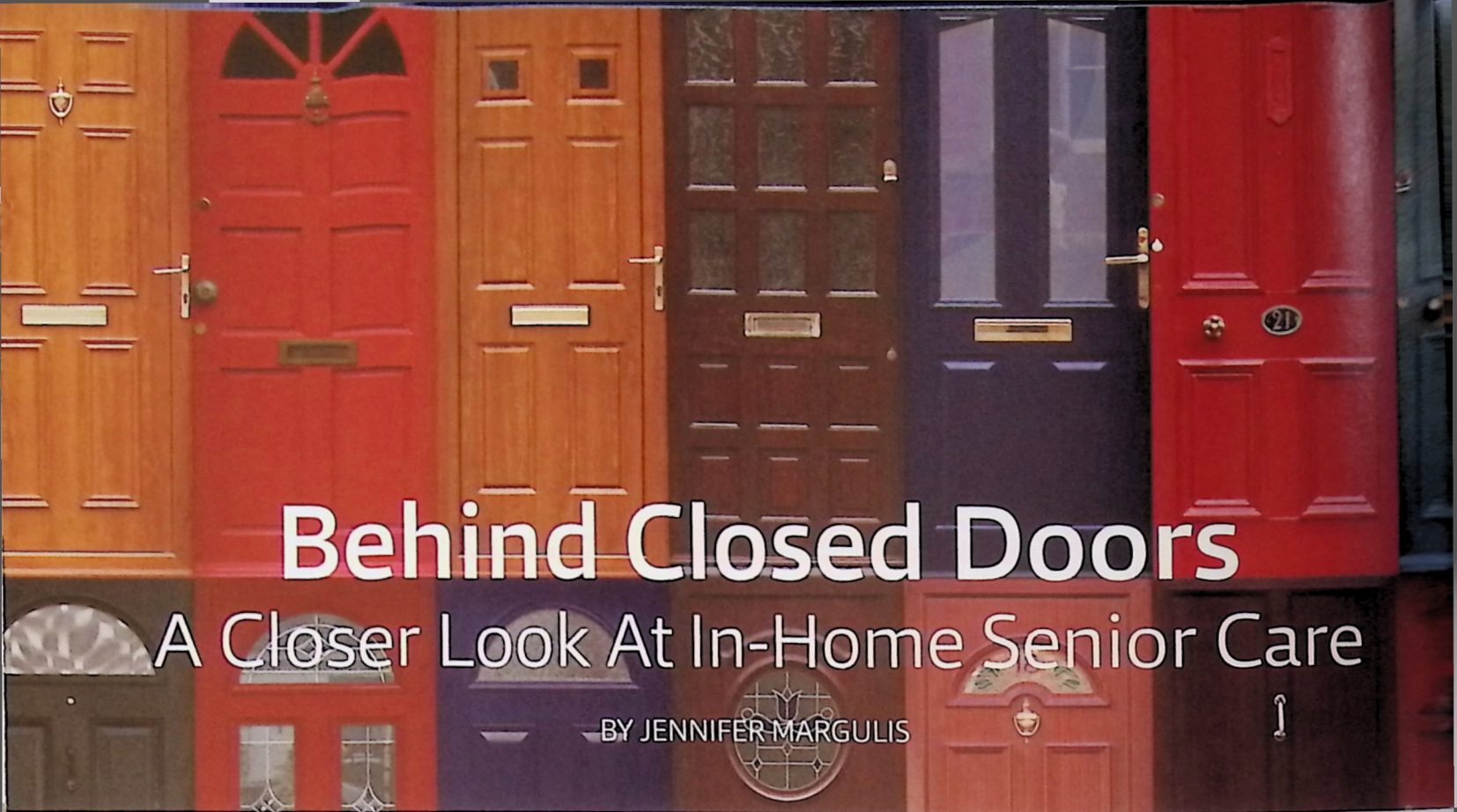
Like NPR, at JPR we’re experimenting with new online tools that keep us connected to and engaged with our audience. Recently, JPR Producer Emily Cureton has been using Google Surveys to solicit listener input on topics we plan to cover on our weekday public affairs program, *The Jefferson Exchange*. These surveys have helped provide regional context for our reporting while also providing data, insight and potential new sources for our work.

In summarizing the reaction of NPR staff and listeners about the elimination of the comments sections on NPR.org, Sara Goo, NPR’s Deputy Managing Editor for Digital, wrote, “The response has been interesting in that most of our audience has reached the same conclusion that we did – disappointment.” She added, “We all so badly want, philosophically, for our web site to be a public square of smart ideas and commentary and interaction with us and with each other. A forum of diverse views. But the data makes clear it just wasn’t that.”

Based on my experience reading some of the comments at NPR.org and our own experience here at JPR, I believe NPR’s decision is a good one. I also believe the public radio community needs to work together to find new ways to engage our listeners in our collective work with the goal of building understanding and tolerance for diverse perspectives in an increasingly diverse society.



Paul Westhelle is JPR’s Executive Director.



Behind Closed Doors

A Closer Look At In-Home Senior Care

BY JENNIFER MARGULIS

EDITOR'S NOTE: Ashland-based investigative journalist and science writer, Jennifer Margulis, Ph.D., delves into the world of in-home senior care for this feature, made possible by The Fund for Investigative Journalism (FIJ) in Washington D.C., and the Journalists in Aging Fellows Program of New America Media and the Gerontological Society of America. While it is not possible to measure the number of caregivers whose conduct towards seniors is unethical, it is presumed to be a small fraction. But even a small number of unscrupulous caregivers and agencies without proper safeguards can have a wide and lasting negative impact. While Oregon is a state with safeguards in place to keep seniors safe, according to the Office of Adult Abuse Prevention and Investigations, reports of elder abuse are on the rise.

They were so happy to find her. The young woman sent by Home Instead Senior Care made a good impression on the whole family. Not only was she attentive, personable, and experienced, she also seemed strong enough to help Grandpa Joe in and out of his wheelchair, and she was certainly talkative enough to keep him engaged.

Seventy-nine-year-old Joe Guarino was the kind of person who had always done everything for himself. But after his wife died, the disease he was fighting, progressive supranuclear palsy, had taken a turn for the worse. Guarino's adult children found themselves in crisis, grieving the loss of their mom and trying to figure out how to keep their father safely in his home in Brockton, Massachusetts. It wasn't until after their mom passed that they realized how much the muscular disorder was affecting Grandpa Joe's body and his brain. He had his good days and his bad days. He could be lucid and aware, cracking jokes like the man they knew and loved, or disoriented and confused, barely able to move his arms and legs. Joe had always

told his four children that he wanted to die at home. Putting him in a nursing home was out of the question.

At first the family set up a schedule for the siblings and their spouses to do the grocery shopping, make sure Guarino was eating, and check up on him, but it was getting to be too much for them to handle alone. They realized they needed to hire help.

Guarino's son-in-law, Larry Runey, did his homework. He says he called no fewer than twelve different private agencies, based on referrals he got from a non-profit that provides information about services for older adults. The first caregiver sent by Home Instead had been fabulous, and the whole family breathed a sigh of relief. But they found themselves back in crisis mode just a few months later when that in-home aide had to stop working due to a back injury.

Luckily, the new gal seemed just as promising: She gave Guarino a big hug every time she came to work, and confided to the family that her father had also been a veteran and had recently passed. The 29-year-old mother of one was also very pretty. And Grandpa Joe always liked pretty girls.

Debra Blair started working full-time for the family in July, taking Grandpa Joe on outings, helping him on and off the toilet, and reminding him to take his medication. In the evenings and at night Joe, Jr. cared for his dad. The family says Home Instead Senior Care in East Bridgewater charged just over \$3,000 a month for the young woman's help.

The Guarinos and the Runeys were especially glad they could afford hiring an aide through a private agency, because they knew they were getting the highest quality care. Or so they thought.

In the last decade the need for personal care attendants has risen dramatically. The number of Americans age 65 and old-



er was 35 million in 2000. According to U.S. Census Data, it is estimated that there will be more than double that, 80 million Americans will be over 65 by 2030. Many of these aging baby boomers, used to leading independent lives, are keen to grow old in their own homes. So it's no surprise that along with the increased need for caregivers for older adults, there has been a huge growth in caregiver placement agencies. Indeed, home care aide positions are among the fastest growing jobs in America. In 2000 there were only 13 caregiver placement franchises; that number has more than quadrupled, with over 55 parent companies today. Franchisee information disseminated by Home Instead Senior Care boasts that the Nebraska-based company has over 1,000 licensed franchises in the United States and around the world (including 12 in Oregon and 59 in California) and that these businesses are bringing in over a billion dollars in revenue.

But in all this growth, what has lagged troublingly behind is these private agencies' ability—or willingness—to thoroughly screen their workers. In a study of 180 for-profit in-home care agencies in the states with the largest populations of older adults (Arizona, California, Colorado, Florida, Illinois, Indiana and Wisconsin), researchers from Northwestern University found that only 55% did any kind of criminal background check; only 32% performed drug testing before hiring caregivers; and *no agency* screened workers on their health knowledge, even when specific duties included accompanying elderly patients to doctors' appointments and administering medication.



Roland and Gail Sergio during happier times. After Gail started suffering from Alzheimer's, the Sergios hired a caregiver who later went to prison for stealing from them.

Even more disturbing: not a single agency checked to see if their employees had a criminal background in any other state.

"We have a policy of testing someone for drug abuse if it's ever questioned," a patient care coordinator from At Home Senior Solutions in Medford, Oregon told me when I called for information about finding a caregiver. "We don't do it before hire."

Why not?

According to experts, the reason is usually cost.

"Doing the background checks and due diligence takes a bite out of the profits," explains geriatrician Lee Linquist, M.D., an associ-

ate professor of medicine at Northwestern University Feinberg School of Medicine. "With caregivers there's a lot of turnover in their field. They are very low-paid; many don't speak English. If they find a better job, they're going to jump ship."

Carolyn L. Rosenblatt, a lawyer and registered nurse based in San Rafael, California, who specializes in elder issues, agrees: "The agencies don't want to spend the money. It cuts into their profit margins. A lot can't get good workers and they don't think they're going to make enough to justify spending the money for a really good background check on every employee." Although the price of a national background check may be as little as \$100 per employee, with the industry's high employee turnover, that can add up to thousands of dollars a year.

But it is precisely because families are looking for *carefully screened* candidates that they go through agencies in the first place instead of finding caregivers on their own via the Internet or word of mouth. And families pay these placement agencies a premium—twice or even three times as much an hour as they would pay directly to a caregiver—to insure they get competent, reliable help to keep their loved ones safe at home.

By paying extra, they think they're getting extra. Sometimes they are. The problem is that sometimes they're not. As of now, there's no easy way to tell.

Not long after Blair started caring for Guarino, the change from \$40 his daughter Deborah Runey had given him to pay for turkey sandwiches disappeared. When Runey asked Blair where it was, she said she didn't know. But the next day Blair announced she found the money in Grandpa Joe's sock drawer.


"He musta put it there and forgot," Blair said. Runey's father was wheelchair-bound and unable to lift his arms. Not only couldn't he hide the money that way, but his caregiver ought to have *known* he couldn't. Doubt flitted through her mind; but she ignored it. She had a helper she needed and wanted to trust, so she gave Blair the benefit of the doubt.

A few days later, some of Joe, Jr.'s new plumbing supplies went missing. The family laughed it off: Joe, Jr. was the scatterbrain. Then one day Joan Guarino, a registered nurse and a medical records reviewer, dropped by the house unexpectedly and noticed her father-in-law's eyes looked glassy.

"His pupils were pinpoints. He was looking right through me," she remembers. They don't have proof but the family believes Blair was giving Grandpa Joe extra pain medication, including morphine, so he would be too doped up to notice she was stealing. While Blair was in the house jewelry and Grandpa Joe's Korean War medals disappeared. The family also alleges that Blair ran personal errands with Joe in the car, left him unattended for hours, and sometimes didn't bother showing up for work, though the Home Instead franchise billed them for her hours regardless.

"Mondays are better when you are the boss," asserts Jack Johnson, Vice President of Franchising of Home Care Assistance, a privately owned senior care franchise based in Palo Alto, California, in an email sent to prospective franchisees. The fortune just waiting to be amassed is highlighted in bright

In order to provide in-home caregivers for older adults in Oregon, placement agencies must be licensed. There are currently over 130 licensed in-home care agencies in the state. Most are independent businesses and some are franchises (with parent companies located in other states). Franchises include Amada Senior Care, Assisting Hands, BrightStar Care, Comfort Keepers, Home Instead Senior Care, HomeWatch Caregivers, Nurse Next Door, Right at Home, and Visiting Angels. The State of Oregon does on-site investigations of these companies every three years to make sure they are complying with Oregon Administrative Rules, which include a criminal background check on employees and volunteers.



Home Care Assistance has a proven system for training franchise owners quickly!


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And this is not your average business opportunity. The average Home Care Assistance client spends \$1,100 per week on services. That means a Home Care Assistance franchisee who has an average client census of 18 clients over the course of 52 weeks (or one year) would have a **MILLION DOLLAR BUSINESS.**

No wonder the median revenue in year three for a Home Care Assistance location is: **\$1,326,512 and average revenue for qualifying sites open at least 36 months is: **\$2,191,572!****

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Jack Johnson
Vice President of Franchising



Changing the Way the World Ages

Providing at home senior care is one of the fastest growing franchise sectors in the country. But, experts say, these parent companies often oversell how quick and easy it will be for franchisees to start making big profits.

red font. "Whether you are a stay at home Mom, recent college grad, or seasoned executive, there is a place for you to build your future as a Home Care Assistance business owner." The ad goes on: "**And this is not your average business opportunity.** The average Home Care Assistance client spends \$1,100 per week on services. That means a Home Care Assistance franchisee who has an average client census of 18 clients over the course of 52 weeks (or one year) would have a **MILLION DOLLAR BUSINESS.**" [emphasis theirs]

But Eric Stites, founder and CEO of Franchise Business Review, a research firm that surveys franchisee satisfaction, cautions that the benefits to owning a senior care franchise are often overstated and these advertising numbers are actually meaningless. As a franchisee, you must pay weekly or monthly royalties (between 5-7%) back to the parent company from your gross revenue, regardless of your actual income after expenses. What may look like a million dollar business may actually be losing money, once expenses are calculated.

"A lot of people come in with false expectations," Stites tells me, admitting that two thirds of the franchises that his company surveys get such poor marks from franchisees that the feedback is not made available to the public. "The number one problem in franchises is that franchises are oversold."

Stites cautions interested investors that owning and operating a franchise takes the same amount of energy, experience, and capital as starting a business from scratch. The difference is that you get training from the corporate office and have access to a network of business owners once the business is off the ground. This access, of course, comes at a premium expense.

"It's human nature to want to 'get rich quick,' but the reality is that you're most likely *not* going to be that top performer," Stites says bluntly. "People get attracted to senior care because it's a very lucrative business and it's a growing sector, but it's also a very tough business ... It's one thing if you own a burger stand and someone doesn't show up for their shift. If an elderly person is waiting and there's a no-show, it's a much bigger deal."

The family called Home Instead several times to complain about the care Guarino was receiving. One evening Joe, Jr. came home from work to find his father all alone on the floor, crawling towards the bathroom. Blair had left early without informing anyone. Larry Runey called Home Instead again and angrily told the office manager that Blair she was no longer welcome. That night they installed a nanny cam in the kitchen. Home Instead sent a different caregiver the next day. Joe, Jr. watched the footage when he returned home from work: the tape captured this new caregiver, a man named Ralph, drinking orange juice straight from the carton and loading his backpack with steaks and frozen dinners from Grandpa Joe's freezer.

Upset and disgusted, Deborah Runey wrote a letter to the Home Instead Senior Care's parent company in Omaha, Nebraska, as well as to Old Colony Elder Services, the Home Instead franchise in East Bridgewater, the Massachusetts Attorney General's Office, the Brockton Visiting Nurses Association, and the Better Business Bureau.

In the letter she wrote: "Hiring a caregiver for a loved one is a difficult decision. I was vehemently assured he would be in good hands, so I contracted with you," and went on to detail the complaints against Blair, including a list of items that had gone missing. They were then told the franchise would submit an insurance claim to reimburse the family for the missing items, but the owner, Richard Sasso, wrote back denying Blair had stolen money or jewelry.

The Runey's remember sitting down with Grandpa Joe and explaining that he would have to go into a nursing home. It was the most heartbreaking moment of both of their lives. Joe comforted them, saying he understood that they could no longer care for him. Two months later, on February 16, 2011, he died at West Acres Nursing Home. The next day, Larry Runey bought a copy of *The Enterprise*, brought the newspaper into Santoro's Pizza & Subs, ordered a cheeseburger, and sat back to read.

The headline he saw made him wallop the counter with his fist in anger: "AIDE ADMITS ELDER THEFTS."

The aide in question, Debra Blair, also known as Deborah Belcher, admitted to stealing and pawning over \$30,000 in silver and other valuables during a three-month period from an elderly couple in Brockton, according to the article.

Runey recognized her mug shot instantly.

Runey assumed Home Instead Senior Care, one of the largest and most successful private non-medical in-home health franchises in the country, had fired Blair after he and his wife had complained.

Instead, they sent her to another family's home.

A retired pharmacist, 68-year-old Roland Sergio was so careful about his appearance that he mowed the lawn in a starched button-down, slacks, and penny loafers. His mind was still keen but his body was failing—he had heart blockage,

Peg Sandeen, Ph.D., Executive Director of the Portland-based Death with Dignity National Center, says it's important to prepare for a time when you may not be able to care for yourself. Older adults need to research their options, identify potential caregivers, and talk to family members about their wishes *before* a crisis hits. "There are so many good caregivers out there, and so many seniors flourish-

ing at home," Lindquist, the geriatrician at Northwestern, says. "If you do a little planning ahead of time it will help you stay home longer."

TIPS FOR KEEPING OLDER ADULTS SAFER AT HOME

But as you plan for care, Cheri Elson-Sperber, a licensed attorney in California and owner of Gray Matters Consulting, which provides advice and advocacy for older adults in Ashland, Oregon, says it's important to remember that going through a third party in-home health agency does not necessarily mean the person sent to your home will be carefully vetted.

"Recognize that every owner of the franchise is going to run their business differently," Elson-Sperber says. "They are separate business owners and there may be one that's good and one twenty miles away that's not so good. You still want to do your due diligence."

Elson-Sperber offers the following tips for finding the best care:

Get Referrals & References Whether you're finding care through a placement agency or privately, word of mouth is key. Ask your doctor, lawyer, financial advisor, friends, community members, and past clients for recommendations.

Interview The Agency It's imperative to find an agency with good hiring and supervision practices. Ask them how they recruit, screen, train, and supervise caregivers, how they match caregivers with families, what their policy is on providing substitutes, and what they do if it's not a good fit.

Insist On Sobriety Drug problems are common among people who work with older adults; easy access to clients' medication can make things worse. Require any caregivers to be drug and alcohol free.

Trust Your Instincts If a caregiver makes you or a family member feel uneasy, insist on someone else.

Maintain Constant Communication Modern technology makes being in touch from afar easier. Elson-Sperber suggests asking for updates, including photos, by email or text throughout the day. If you are close by, check in verbally at the beginning and end of each aide's shift for details about the day's events. If you're far away, consider installing a nanny cam.

Make Unexpected Visits When you stop by to check on caregivers unexpectedly, you find out exactly what is going on.

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a cancerous tumor growing in his lung, and polycystic kidney disease. After open-heart surgery, doctors started radiation to shrink the tumor and dialysis to filter his blood. His wife, Gail, 66, had Alzheimer's and got confused when their adult daughter came to take Roland to dialysis. Unable to remember where her husband had gone, she would pace the house, crying and wringing her hands. Gail went over to the neighbor's in tears one day. The family was reassured by Home Instead they had the "perfect caregiver" to stay with Gail: Debbie Blair.

Blair started coming over three times a week for six hours at a time. She seemed competent and likable. It's true that a few days after she started, Gail told her children she didn't feel comfortable. But Chris and Julie shrugged it off. Their mom was suffering from cognitive decline. She could have said that about anyone.

Court documents would later reveal that the day after Blair first sat with Gail, she received \$750 from Timeless Antiques, a pawnshop in the heart of Brockton, for a starfish charm. The thefts continued: On January 3, 2011 Blair brought a men's bracelet, a heart-shaped necklace, and two rings to Timeless Antiques, for which she was given \$1,800. In the six weeks that she worked for the Sergios, Blair visited that pawnshop at least thirteen times. She received at least \$6,180 from the stolen flatware, watches, rings, necklaces, and gold earrings.

One day in early February Julie was in her parents' bedroom looking for the Kay Jewelers open-heart pendant she had gifted her mom after her dad survived triple heart bypass surgery. Her own heart started pounding painfully in her chest: the jewelry box was nearly empty. Chris was visiting and she called him into the bedroom. They stared at each other in silent disbelief.

Then they called the police.

Middleborough Detective Simonne Ryder was one of the officers dispatched to Sergios' home. A specialist in elder affairs, Ryder has been investigating elder abuse for over ten years. It's a tricky assignment, she says, and not only because of the emotions involved. Often, Ryder explains, families of older adults who have been victimized are reluctant to report the crimes. Sometimes it's because they're embarrassed about having allowed a criminal into their parents' home. Sometimes it's because they are afraid of negative repercussions. These caregivers, Ryder points out, often have the keys to the house, know the families' work schedules, and know how vulnerable their loved ones are.

And the eyewitnesses to the crimes—the frail adults needing care—are sometimes unable to speak, so they cannot report what is happening; or they're suffering from dementia, so their reports are garbled or unreliable. Their families might not believe them. Some older adults who witness bad behavior on the part of aides keep quiet because they don't want to be placed in a nursing home.

Compounding the problem is that caregivers thought to be abusing the elderly are rarely brought to trial. "You run into issues: is the elderly victim competent to testify at trial? Even if they are, are they physically able to withstand the stress of going into court?" David Yannetti, a Boston-based criminal defense lawyer who spent ten years working as a prosecutor, says. "Only a fraction of elder abuse cases are actually prosecuted."

TO REPORT ELDER ABUSE IN OREGON

If a theft or physical abuse has occurred, call 911 or your local police station, as well as the DHS office of Aging and Peoples with Physical Disabilities (APD) for your county. If you cannot find a local number, call the DHS central office at 1-503-945-5811. You can also call 1-855-503-SAFE (7233), a toll-free number that allows you to report abuse or neglect of any child or adult to the Oregon Department of Human Services.

On February 15, 2011 three police officers went to Debbie Blair's apartment in East Bridgewater and placed her under arrest on charges of larceny. After the arrest, Home Instead told local journalists they had no prior knowledge of any wrongdoing and her background checks had come back clean.

When I reach Home Instead Senior Care in Omaha, Nebraska, I am told the company takes safety very seriously. "The safety and security of seniors is our top priority," Dan Wieberg, spokesperson for Home Instead Senior Care, asserts via email. "We have extensive policies and procedures in place to prevent fraudulent activity. Our franchise owners conduct thorough background checks and drug screenings before placing any employee with a client. We also offer information and resources for seniors and their families at www.protectseniorsfromfraud.com."

But court documents tell a different story: When Blair was hired she was in a methadone treatment program, recovering from a drug addiction. If Home Instead had done a drug screening—either before they hired her or once the Runey's complained—they presumably would have discovered that she was not clean.

Still, in some ways, the families Blair stole from got off easy. In one highly publicized incident when a family complained to A.M.S. Home Care Solutions, a home care agency based in San Diego, that their 98-year-old mother was not being adequately cared for, the director dismissed their concerns. The family installed video cameras and caught footage of two male caregivers sexually molesting their mother, who was paralyzed from a stroke, while masturbating.

In another case that never made the headlines, a frail woman in her 90s who had round-the-clock care from a private agency came to the attention of Stanton Lawson, CFO of Sequoia Senior Solutions, a home caregiver placement agency in northern California. The woman's financial advisor, worried that something was wrong, asked Lawson to check on her. Her beautiful house on a five-acre estate was almost empty: agency-sent caregivers had stolen all the client's paintings, furniture, and even her dishes. She had sores all over her body from being confined to her bed.

"The only thing left was the satellite dish, the big screen TV, and the bed," Lawson remembers. "My guess is they were not supervising their employees. But maybe I'm being naïve. It's just too hard to believe that someone would actually let employees do that."

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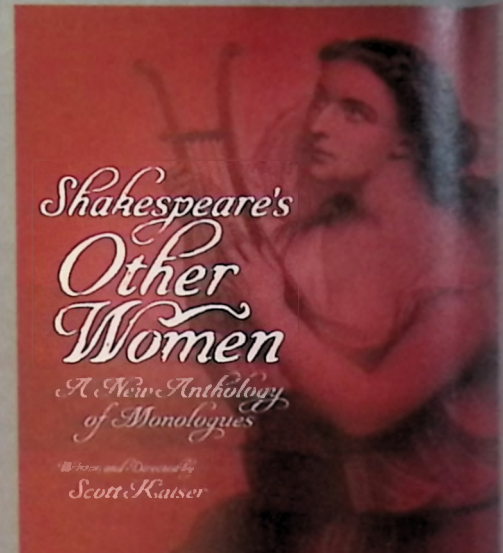
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TRANSLATED BY **GEORGE IGOR**
PLAYED BY **ALISTAIR BERTON**
DIRECTED BY **JACQUE APDOERCA**

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Saturday and Sunday
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Black Swan Theatre at the
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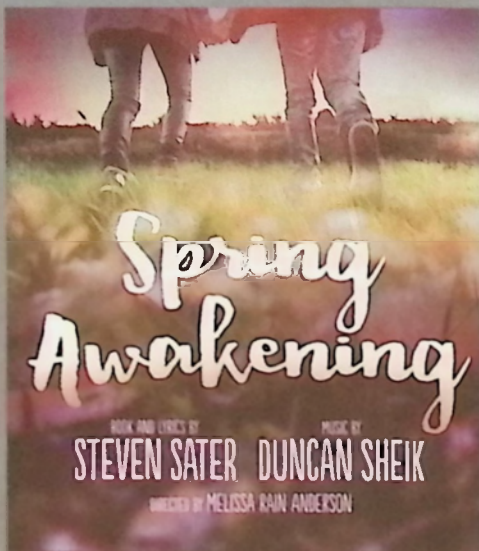
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Other
Women*
*A New Anthology
of Monologues*

Written and Directed by
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Thursday, Friday & Saturday
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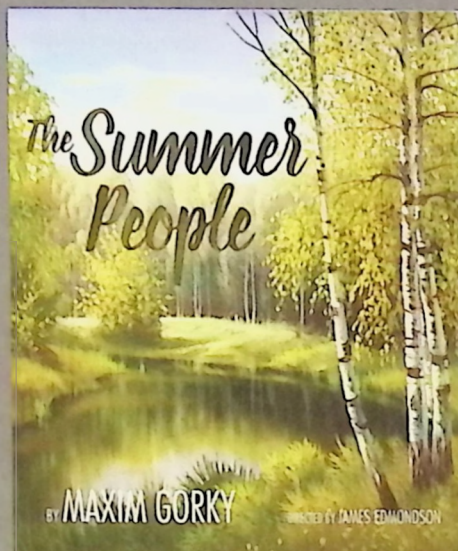
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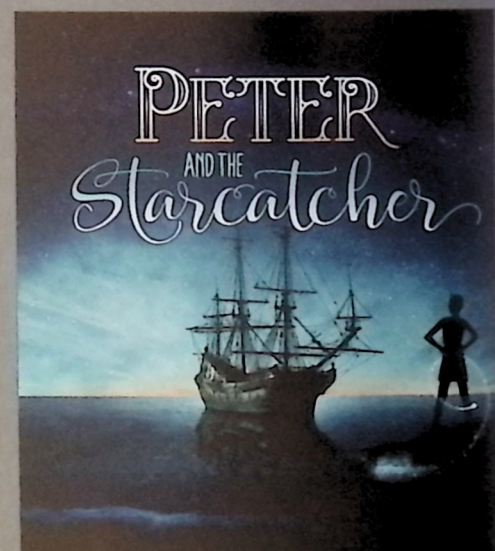
*The Summer
People*

BY **MAXIM GORKY** DIRECTED BY **JAMES EDMONDSON**

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After a year behind bars Debbie Blair got out of jail and spent 18 months on probation. It took me months to track her down. I finally reached her by phone. With her husband—who has a long criminal record and has also done jail time—yelling in the background for her to get the f**k off the phone, Blair insisted she committed the crimes to feed her family, buy gas, and pay the rent on their apartment. She said she wanted to tell her side of the story but wouldn't permit me to quote her directly.

She was going through a rough spot, she admitted. Her husband was a roofer and fell three stories off the Martha's Vineyard courthouse. He couldn't get worker's comp for four months and the burden of making ends meet fell entirely on her shoulders. She was only making \$10 an hour at Home Instead, had to pay for her own gas, and grew desperate after they cut her hours. She also claimed she had no idea anyone had complained. The rumor around the office was that the franchise was going under and that's why she was given less work.

Blair said her high school ambition was to become a nurse, she loved taking care of people, and she never harmed Guarino or stole anything from his house. It's wicked hard work, she told me, and the pay is horrible. You can make more money working at Burger King. Four months after her arrest she pleaded guilty in Brockton District Court. She insisted she never hurt anyone. A lot of other caregivers do a lot worse without ever getting caught.

Emad Abdelmessih, the court-appointed criminal defense attorney who first represented Blair, believes it was financial difficulties, drug addiction, the influence of her unscrupulous boyfriend, and the ease with which Blair could take valuables from her elderly clients that made her start stealing. "Her attitude towards her clients was not to abuse them," Abdelmessih insists. "She had respect for the people she was caring for. You allow somebody to go into your parents' house, you better keep an eye on them. It's an unsupervised, unchecked situation. People get weak and start helping themselves."

After Blair's arrest, Julie and Chris Sergio moved their parents into an assisted-living facility. Roland Sergio died on May 2, 2012. Gail Sergio, whose Alzheimer's has worsened over time, currently lives in a locked Alzheimer's unit of a nursing home. Julie visits her mom several times a week and Chris and his son make the 2-hour drive from New Hampshire as often as they can.

Both the Guarinos and the Sergios were deeply disturbed by what happened. They were angry with Blair for stealing from them but felt even more betrayed by the franchise. Home Instead "sold us a bill of goods," Chris Sergio told me, "and then put a criminal in our home."



Jennifer Margulis, Ph.D., is an award-winning investigative journalist, Fulbright grantee, and regular contributor to Jefferson Public Radio. www.JenniferMargulis.net.

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Bringing Back Klamath Wetlands One Wocus At A Time

The marsh is alive with the chatter of hundreds of birds. They get agitated as Blake Eldridge steers his small boat near a tangle of head-high vegetation on the shore.

Just a decade back, this place looked like a different world.

"There was nothing out here, just open pasture. And now we see cattails coming up, willows, some tules. It's really coming around," he says.

Eldridge works for the Nature Conservancy, which owns this property where the Williamson River flows into Upper Klamath Lake. It was all farmland until the group blew up the dikes, letting the lake flood in and restore the original wetland.

The spire-like tules and billowy willows came in naturally, but there was one native plant that is conspicuously missing – the wocus.

Wocus is a Native American word for the Rocky Mountain Pond Lily. The foot-long lilypads can coat waterways from Alaska to California and east to the Rockies.

At one time, a network of wetlands surrounded Southern Oregon's Upper Klamath Lake. The sheltered marshy shallows were perfect wocus habitat. But then came dam-building and the conversion of the fertile wetlands for agriculture. The wocus began to disappear.

"For us in particular, it was the Upper Klamath marsh – there was 10,000 acres of wocus. It was said a woman could gather her height in a pile in a day," says Perry Chocktoot Jr., Director of the Culture and Heritage Department of the Klamath Tribes.

That's not the case any longer. The tribes have lost a valuable resource: seeds from the wocus yielded a yellow dye for their baskets. Those seeds also provided a major food staple – flour.

"It's like farina and oatmeal had a baby called wocus," Chocktoot says.

Eventually the Klamath Tribes would like to add wocus back to their diet.

Bringing the pond lily back should also create habitat for endangered fish species that have been at the center of fights over water supplies in the Klamath Basin.

"Wocus provides a lot of structure and habitat for native species. In particular larval and juvenile suckers out in the lake need cover from predation," says Klamath Tribes ecosystems restoration scientist Megan Skinner.



This is part of the reason the Nature Conservancy is reestablishing wocus in the Williamson Delta marsh. The lily isn't moving in naturally, so Blake Eldridge and a small crew are giving it a helping hand.

"We're looking, usually trying to target places with relative good cover from wind, and a nice soft substrate," he says. "If you saw where we harvested these from, it's in a roadside ditch."

Christie Adelsberger of the U.S. Fish and Wildlife Service is working with Eldridge to transplant clusters of wocus from these isolated ditches throughout the marsh.

She stands chest-deep in the mucky water, wearing a bright blue drysuit that's a little too big and mirrored neon orange sunglasses.

"Christie, do you want me to take your sunglasses?" Megan Skinner calls out from her boat over the incessant chatter of invisible birds in the tules.

"No way," Adelsberger answers as she pushes a huge rebar staple into the soft bottom with her foot.

She takes a deep breath and disappears underwater – sunglasses and all – pulling a floating wocus with her.

Suddenly, Adelsberger's feet shoot up to the surface, thrashing the water and pushing her top half down. She wedges the pineapple-sized wocus bulb under the staple, insuring it'll have an opportunity to take root.

The crew calls this this awkward dry-suit ballet the "wocus dance."

The wocus dance could become a little more graceful if a new planting method being tested this year proves effective.

The Nature Conservancy, Klamath Tribes and the Fish and Wildlife Service are working with a local nursery in Bonanza, Oregon, to speed up the whole process.



LEFT: Wocus used to cover the wetlands in the Klamath Basin.
BELOW: Wocus awaiting transplant in the Williamson River Delta; Blake Eldridge does the wocus dance; Blake Eldridge explains how to transplant wocus; USFWS's Christie Adelsberger plants wocus; Annie Sedlacek has figured out how to propagate wocus from seed.

PHOTOS: JES BURNS, OPB/EARTHFIX



Annie Sedlacek, the owner of Western Native Plants, started her adventure in wocus-growing about five years ago at the request of the Nature Conservancy.

Following a lengthy trial and error period, heavy on the error, her nursery finally seems to have mastered the basics of growing the water lily from seed.

"We learned a lot about wocus. More than probably anybody ever wants to know," Sedlacek says, holding a gallon pot with a few small lily pads sagging over the edge.

She drops the lily back into a 6-foot wide repurposed water trough. It's left over from the days when the nursery was a working ranch. All of these will eventually be used for restoration work in the basin.

The newest innovation Sedlacek is testing - one that could cut the planning time by more than half for Eldridge and his crew - is the use of biodegradable pots.

"We have been experimenting with biodegradable containers that will... endure long enough to be dropped into a waterway and stay there while the plant gets its roots out into the soil," she says.

This summer, the Klamath Tribe's Megan Skinner is studying which planting method yields better results and use her findings to plan wocus restoration projects in other parts of the Klamath Basin.

The goal is to speed up the planting process and increase how many wocus survive in the wild.

This is the third year the Nature Conservancy has transplanted wocus into the Williamson Delta marsh. Some clusters seem to be thriving, sending numerous yellow ball-shaped flowers to the surface. Others haven't made it.

"I probably wouldn't be happy until all the open water in this part would be wocus, but I likely won't see that in my lifetime," Eldridge says.

But even with the labor-intensive staple method, there's been enough success that Eldridge says it's worthwhile to keep going, performing some version of the wocus dance for years to come.



Jes Burns is the Southern Oregon reporter for Earthfix, a collaboration of public media organizations in the Pacific Northwest that creates original journalism which helps citizens examine how environmental issues unfolding in their own backyards intersect with national issues. Earthfix partners include: Oregon Public Broadcasting, Idaho Public Television, KCTS9 Seattle, KUOW Puget Sound Public Radio, Northwest Public Radio and Television, Jefferson Public Radio and KLCC.



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PHOTO: THOMAS CRAIG



PHOTO: FRANK LOSPALLUTO

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JEFFERSON ALMANAC

DIANA COOGLE

Hiking Cultures

Someplace along the 100 miles of the Alta Via 2 trail that I hiked, with my friend Mike Kohn, in Italy's Dolomite Mountains last September, someone asked us to describe the most beautiful place we had seen on the trail. I was at a loss to answer, but Mike thought immediately of a summit along the trail just before a descent to the Lago di Fedaia at the foot of Marmolada, the highest mountain in the Dolomites. It was at least an appropriate answer, being one of a number of most beautiful places.

Someone else asked if we could name the most challenging part of the trail. Certainly just about any of the vie ferrate – the “iron routes,” with their cables and ladders and iron bars to aid climbs up (or down) vertical chimneys or along the narrow, crumbling ledge of a trail – would answer, though the most exhausting hike was a two-mile, 4000-foot descent.

If someone had asked me what I found most surprising, I would not have said how beautiful or challenging the hike was, or how long it was or how welcome the food at the rifugios, but how many trails crisscross the Dolomites and the numbers of people walking on them. Trails run around every mountain bend, zigzagging up hills so steep you would think no one would be crazy enough to take them, yet hikers were everywhere – strong young people, families with children, robust senior citizens, people who came out to climb an impossibly steep pass to a small hut for lunch or to take a trail that included some dangerous via ferrata or that took hours of sweat and muscle. In many cases the trail was at least one day's journey from any rifugio that was at least another day's journey from a road where the hiker might have started. The rifugios, especially in the first week, were crowded, for lunch if not always for the night.

On the second day of our hike, at the bottom of our first significant pass, Mike and I gaped in disbelief at the long line of people going up it. The people towards the top were visible only as a winding whiplash of tiny variously colored dots. On another day, I had to wait at a bit of via ferrata to let some descending hikers go first. Behind them came others, then others, then others, until at last I broke into the line and started up, making the descending hikers wait. On another day, Mike and I met streams of people going up the side of the mountain we were now going down. One hiker stopped for a moment to say, in his German accent, “It's lighter going down.” He meant “easier,” but I think he was right with “lighter,” too.

So many people doing such strenuous hiking! I was enormously impressed. I thought about all the hiking Mike and I had done in the Siskiyou and Cascades to prepare for the Dolomites – Sky Lakes, Siskiyou, and Marble Mountain wildernesses, numerous Applegate trails, Grizzly Peak, Soda Moun-



Writer Diane Coogle (above right) finds the hiking culture of Italy heartening.

tain, Table Rock, Mt. Elijah to Oregon Caves. Most of the time we didn't see another person. In a way, I prefer that, wanting my hiking experience to be a wilderness experience, but there was something so heartening about seeing so many people in the gorgeous country of the Dolomites, exerting themselves so boisterously and enjoying both the exercise and the incomparable landscape, that I envied the country its hiking culture.

We could have that here. We have the natural beauty and the trails. We already have a large number of hikers. All it takes, I think, is a determination to make non-motorized recreation a priority. Although the trails here are not as crowded as in the Dolomites, I feel the emergence of a hiking culture here, too. Think about the popularity of the Pacific Crest Trail, which we are lucky enough to have in our back yard. Five thousand people started at the Mexican border this summer with the intent of hiking the PCT to Canada. Think about the crowds of hikers on Table Rock in May for wildflower viewing. Think about the proposed Jack-Ash and Applegate Ridge trails between Ashland and Grants Pass.

When I told someone, with great enthusiasm, that when the Jack-Ash and ART trails are built, we will be able to walk from Ashland to Grants Pass, she said, “But why would we want to?”

Why did all those people want to climb those impossible passes in the Dolomites? Why did I walk the entire Alta Via 2? Why do we have such smiles on our faces as the sweat flies and the legs ache? Places that have a hiking culture don't need to ask. We know why.



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America Gives Away The Internet

America invented the Internet.

The first iteration of what became “the Internet” that you use everyday, was built in the 1960s. It was called ARPANET and was one the first packet-switching networks that transmitted data using TCP/IP. Packet-switching is a method by which data is transmitted in chunks or “packets” that can be retransmitted if there is a disruption. TCP/IP are the protocols that manage and control the communications process.

Development of ARPANET was funded by the U.S. Department of Defense. If you were paying taxes in the 1960s, the development of today’s Internet was funded, in part, by you. If you are one of these Americans, I just want to take this opportunity to personally thank you for having paid your taxes. You literally helped change the world.

America invented the Internet but it does not own the Internet. The global infrastructure that makes up the Internet is owned and operated by numerous private companies, non-profit organizations and, of course, government entities, some of which have a bad habit of trying to infiltrate parts of the Internet that don’t belong to them (more on that later).

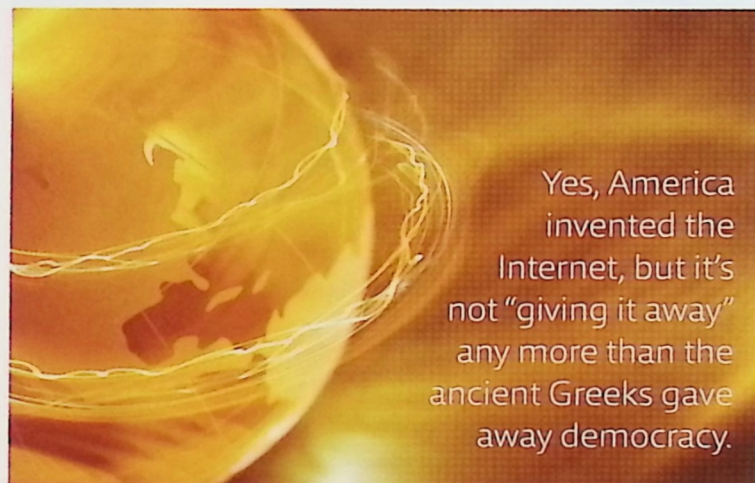
Up until last month, however, there was one key part of the Internet that was controlled by the U.S. government: the Domain Name System (or DNS). To understand why this is important, you must first understand the importance of DNS to the functioning of the Internet.

DNS is the “telephone directory” of the Internet. It matches up the web address you enter in your web browser, such as www.ijpr.org, to the IP address of the web server that a website is hosted on (in the case of ijpr.org, that’s 66.151.232.80). Every device connected to the Internet must have an IP address to communicate with other devices just as every telephone must have a number associated with it to send and receive calls.

DNS is a distributed system. At its core are some very important servers called “root” servers. These DNS servers manage Top Level Domains (TLDs) such as .com, .org, .net, and hundreds of others TLDs, including country-specific one’s like .us, .ru, and .cn (those are for the U.S., Russia, and China).

On a technical level, DNS is much more complicated and boring than that, so let’s just skip all those details and go right to the heart of the matter: without DNS, there is no Internet. Everything stops.

Knowing the critical role DNS played in the ongoing functionality of the Internet, the U.S. government (specifically the Department of Commerce) has controlled those TLDs and root servers through a partnership with a non-profit organization,



the Internet Corporation for Assigned Names and Numbers (or ICANN), since 1998.

Basically, the U.S. government has had ultimate say and control of root DNS and ICANN was contracted to handle day-to-day operations.

As the prominence and importance of the Internet has grown to the point where the global economy is intrinsically tied to it, foreign governments (namely China and Russia, but other countries as well) did not like this arrangement, arguing that control of root DNS should be handed over to the U.N.

A treaty to do just that was put forward by China and Russia in 2012, but the U.S., Canada, U.K., and Australia refused to sign the treaty, citing concerns over human rights abuses that may arise if other countries had greater say and control over the Internet.

These same concerns were recently raised by Republican senators when the Obama administration moved forward with a 2014 proposal to cede control of root DNS completely to ICANN at midnight on September 30, 2016.

“The proposal will significantly increase the power of foreign governments over the Internet,” warned a letter signed by Republican senators, including former Presidential candidate, Ted Cruz.

As the September deadline approached and it looked as though the hand-over to ICANN was imminent, four states’ attorney generals filed a lawsuit seeking a temporary restraining order against the Department of Commerce (DoC). Among other things, the lawsuit claimed that giving full control to ICANN would put First Amendment rights online at risk.

Continued on page 31



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EMILY CURETON

"Hi There... You're On The Air"

The moment of greatest trust between a talk show host and a listener starts with a casual turn of phrase: "Let's take a call."

What happens next can be the real beauty of a live program — A spontaneous exchange grounded in civility and mutual respect for each other's intelligence.

Or... it could go the other way, allowing an off-topic caller or a bad phone connection to take over for a few merciless minutes.

As producer of JPR's daily call-in program, The Jefferson Exchange, I often ask myself which topics and guests will turn our listeners into participants willing to share thoughtful perspectives on the air.

After all, that is the main reason we perform feats of air traffic control to put on a live show early each weekday morning, instead of taping interviews at the convenience of each guest. Real-live callers make these interviews more interesting and more reflective of what it means to live in Southern Oregon and Northern California.

Making sure anybody listening can join the conversation is a hard thing very much worth doing.

But what makes a person pick up the phone in the first place?

To contemplate this question, I first considered our regular callers... Mark in Redding, John in Grants Pass, Ryan in Eugene... They are just a few among a loyal cadre of listeners who frequently participate via phone or email.

The one thing most of these regulars have in common is their gender.

In fact, 71 percent of calls to the Exchange during 2016 were attributable to male voices.

When we started keeping track of that about a year ago, it really had me scratching my head. Where were all the "lady voices"? Were women even listening? If so, why didn't they chime in when the host graciously solicited calls a few times every hour?

Unable to answer the big questions, I began to reflect on our daily decisions and my own contributions to the program.

You might hear me on the air sometimes, since I've started hosting a few times a month and co-piloting a segment on Wednesdays with our regular host and all-around fearless leader, Geoffrey Riley. But my greater influence definitely lies behind the scenes, where I select nearly all of the guests, about 1,000 bookings over the last year.

As of this writing, 59 percent of those guests were men, and 40 percent were women, with gender nonconforming people comprising less than one percent.

I'm proud to say that those numbers reflect some strides towards balance in this particular category. In the last year, we've carved about nine percentage points off the disparity between male and female voices on the Exchange, both in our calls and our guests.

We've done this through a concentrated effort to create a

more inclusive program, with lots of energy in particular going into rethinking a weekly segment comprised mostly of calls from around the region, formerly known as VENTSDay.

The idea is this: We throw out a topic or two and open the

phone lines so that listeners can vent their opinions and swap personal experiences between 8:30-9, every Wednesday morning.

The problem with VENTSDay was that the phone bank tended to become a line-up of the same voices every week.

So, we began tweaking, gently at first. I joined Geoff on the air as a host. Then we started to more carefully consider how a question is framed and who it will reach. For example, instead of asking people how they felt about abortion policy during a segment in May, we asked them about the impacts of unintended pregnancy in their own families.

Women called, and several declined to give even their first names and towns, for fear of being identified as they expressed regret about having children when they weren't prepared to care or pay for them, or about what it's like to have an abortion in the State of Jefferson.

Amanda in Medford did give her name, appearing in our call logs for the first time. She called to urge everyone listening just to "[be] there for people that you know, and [be] an ear for people who have experienced the process of abortion. There aren't support groups when you live in rural communities and it's really hard to find a group without an agenda."

In another attempt to reach people who are unlikely to call in with their opinions, we post a survey each week to JeffExchange.org and then share it all over Facebook. To this end, I'm lucky to be part of several dozen community-based groups on Facebook, an inclusion that helps me break the feedback loop of my own social media feed. I get the privilege of regu-

Continued on page 31

There's a lot of air to go around and plenty of room for people with varying backgrounds and experiences to join in the conversation.

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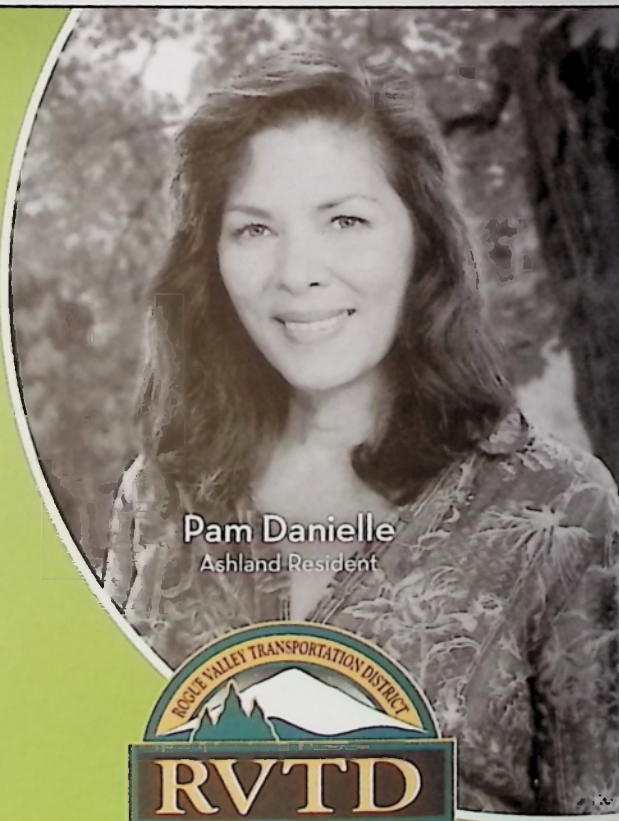
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The Remarkable Sara Bruner

Some things you should know about Sara Bruner, the OSF actor who played both Viola and Sebastian in last season's *Twelfth Night* and Norma McCorvey, aka Jane Roe, in the premier of *Roe*.

She first appeared onstage in the guise of an appleseed. The Missoula Children's Theatre came to her small town of Deer Lodge, Montana, and as is the custom, two professional actors organized a production about Johnny Appleseed casting the local kids according to the sizes of the available costumes. Bruner was four years old.

No one in Bruner's family had gone to college, and though active in theatre, she'd made no plans for education beyond high school. But a friend was driving to Boise State University to audition for a theatre scholarship, and on a whim, she accompanied him and auditioned as well. She was awarded a scholarship.

One year into the program, she decided to audition for the Idaho Shakespeare Festival. For the practice. She didn't know what regional repertory theatre was, and she'd never performed Shakespeare before. She chose Phoebe's monologue from *As You Like It*, unaware that every young woman auditioned with the piece. She was invited into the company on the spot.

Initially, she was oblivious to the implications of her success; similarly, she took it in stride when director Bart Sher immediately cast her as Miranda in the Festival production of *The Tempest*. What she did realize was that acting could actually become a career, one that suited and challenged her talents, one that inspired her passion. Though she did eventually complete her degree at Boise State, she performed with the Idaho Festival for seventeen years.

Bruner finds powerful theatre baffling. When a play isn't gelling, it's relatively easy to analyze and criticize, but those productions that transfix and transform audiences are inscrutable, their key elements impossible to pin down. Bruner places Lisa Loomer's *Roe* in this category. For her the play radiates "emotional intelligence ... a 360 degree understanding... There is so much in there, such artistic intuition. I can recognize it but I can't begin to explain it." Bruner was first blown away by the play three years ago when she took the part of Norma McCorvey for an in-house reading. Since then, she's read both McCorvey's books, the latter recanting the former, and watched her on YouTube to get a feel for her character—"so complicated, damaged, love-seeking, full of contradictions."

Her grasp of a character is as much physical as it is textual; it's often through physical posture that she understands identity.

It's the honoring of contradiction, the transcendence of a binary, we/they perspective not only on the abortion issue, but also on matters of sexuality and class, that Bruner finds most valuable, most truthful in *Roe*. In this regard, the contemporary play models Shakespeare. In the nineteenth century, when the poet Keats articulated his concept of *negative capability*, he was thinking of Shakespeare and his genius for entertaining uncertainties, contradictions, and doubts without insisting on a singular resolution. Not surprisingly, Bruner proclaims

her love of "every single syllable of Shakespeare"—or to use her phrase, she "nerds out" on his language. The 2016 *Twelfth Night* marks her third production as Viola, but it's her first playing both Viola and her brother Sebastian.

It has thus become her favorite for the way it puts the Bard in "conversation with gender issues" and embodies paradox without presuming to resolve it.

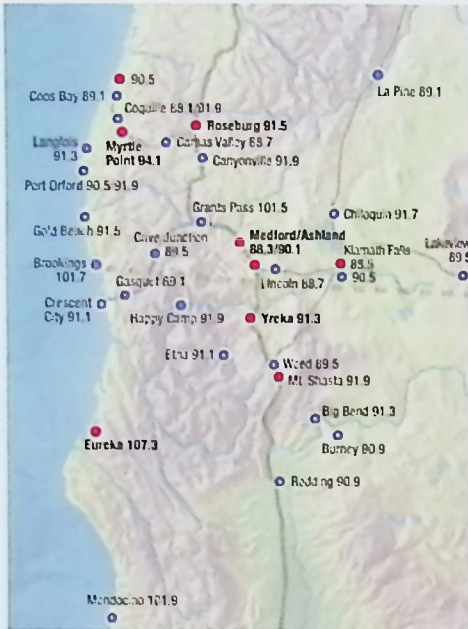
Except for Imogen in *Cymbeline*, Bruner has played all of Shakespeare's pants roles and most of his other parts for young females at least once. She tends initially to inhabit them with her own tough resilience, yet so often, she concedes, that quality is compromised by the text. It becomes painful then to tell these women's stories, to merge with their voices, only to have them diminished or silenced in the end. Offering the example of Ophelia, Bruner says, "I had it all for a while, but then I had to go mad." Bruner pulls for these young women, but "the play wins in the end... You have no lines in Act Five, or if you do, the play takes you in a certain direction and you can't rage against it." With a wry smile, she concludes, "Shakespeare's follow-through is not good."

Bruner's approach to a role is largely intuitive, fluid, dependent on the play. Her grasp of a character is as much physical as it is textual; it's often through physical posture that she understands identity. Recall the expressive range of her Olympic leap over the deck chair in *Twelfth Night* and her sneaking a child-like snuggle against the Duke's barrel chest. In *Roe*, she climbs on furniture in manic attempts to escape the prison of her life then hugs a child with tender intimacy.

Has it been too smooth, this career path of Bruner's? It led her straight to her tribe, as she put it, and she fell into its mentoring embrace. Those of us who have seen her onstage understand that this was not some sort of bizarre coincidence. Still, because she cannot point to deliberate initiatives on her

Continued on page 31

Classics & News Service



- **FM Transmitters** provide extended regional service. (KSOR, 90.1 FM is JPR's strongest transmitter and provides coverage throughout the Rogue Valley.)
- **FM Translators** provide low-powered local service.

Monday through Friday

- 5:00am Morning Edition
- 7:00am First Concert
- 12:00pm Siskiyou Music Hall
- 4:00pm All Things Considered
- 7:00pm Exploring Music
- 8:00pm State Farm Music Hall

Saturday

- 5:00am Weekend Edition
- 8:00am First Concert
- 10:00am Opera
- 2:00pm Played in Oregon
- 3:00pm The Best of Car Talk
- 4:00pm All Things Considered

- 5:00pm New York Philharmonic
- 7:00pm State Farm Music Hall

Sunday

- 5:00am Weekend Edition
- 9:00am Millennium of Music
- 10:00am Sunday Baroque
- 12:00pm Siskiyou Music Hall
- 2:00pm Performance Today Weekend
- 4:00pm All Things Considered
- 5:00pm Chicago Symphony Orchestra
- 7:00pm Concerts from the Library of Congress
- 8:00pm State Farm Music Hall

Stations

KSOR 90.1 FM*
ASHLAND

*KSOR dial positions for translator communities listed below

KSRG 88.3 FM
ASHLAND

KSRS 91.5 FM
ROSEBURG

KNYR 91.3 FM
YREKA

KOOZ 94.1 FM
MYRTLE POINT/COOS BAY

KZBY 90.5 FM
COOS BAY

KLMF 88.5 FM
KLAMATH FALLS

KNHT 107.3 FM
RIO DELL/EUREKA

KLDD 91.9 FM
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Big Bend 91.3 FM
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Burney 90.9 FM
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Canyonville 91.9 FM
Cave Junction 89.5 FM
Chiloquin 91.7 FM
Coquille 88.1 FM
Coos Bay 89.1 FM
Etna / Ft. Jones 91.1 FM

Gasquet 89.1 FM
Gold Beach 91.5 FM
Grants Pass 101.5 FM
Happy Camp 91.9 FM
Lakeview 89.5 FM
Langlois, Sixes 91.3 FM

LaPine/Beaver Marsh 89.1 FM
Lincoln 88.7 FM
Mendocino 101.9 FM
Port Orford 90.5 FM

Port Orford/Coquille 91.9 FM
Redding 90.9 FM
Weed 89.5 FM



JPR Saturday Morning Opera

- Nov 5 *La Juive*
by Jacques Fromental Halévy
- Nov 12 *Don Giovanni*
by Wolfgang Amadeus Mozart
- Nov 19 *L'Enfant et les Sortilèges*
by Maurice Ravel
Aleko by Sergei Rachmaninoff
- Nov 26 *Wuthering Heights* by Carlisle Floyd

The Metropolitan Opera

- Dec 3 *Manon Lescaut*
by Giacomo Puccini
- Dec 10 *L'Amour de Loin*
by Kaija Saariaho
- Dec 17 *Salome* by Richard Strauss
- Dec 24 *Hansel and Gretel*
(sung in English)
by Engelbert Humperdinck
- Dec 31 *L'italiana in Algeri*
by Gioachino Rossini



UPPER LEFT: Finnish composer Kaija Saariaho's breakthrough opera *L'Amour de Loin* was described by the New York Times as "transfixing...a lushly beautiful score." Commissioned by the Salzburg Festival, where it was first seen in 2000, it will now finally have its Metropolitan Opera premiere in a dazzling new production by Robert Lepage.

LEFT: Richard Strauss's revolutionary score and scandalous Oscar Wilde-inspired drama took the world by storm at its premiere and continues to wow audiences today. Catherine Naglestad makes her Met debut in the tour-de-force role of *Salome*, part innocent and part sexual predator.

Rhythm & News Service



- FM Transmitters provide extended regional service.
- FM Translators provide low-powered local service.

Stations

KSMF 89.1 FM
ASHLAND

KSBA 88.5 FM
COOS BAY

KSKF 90.9 FM
KLAMATH FALLS

KNCA 89.7 FM
BURNLEY/REDDING

KNSQ 88.1 FM
MT. SHASTA

KVYA 91.5 FM
CEDARVILLE/
SURPRISE VALLEY

Translators

Callahan/Ft Jones 89.1 FM
Cave Junction 90.9 FM

Grants Pass 97.7 FM
Port Orford 89.3 FM
Roseburg 91.9 FM
Yreka 89.3 FM

Monday through Friday

- 5:00am Morning Edition
- 9:00am Open Air
- 3:00pm Q
- 4:00pm All Things Considered
- 6:00pm World Café
- 8:00pm Undercurrents
- (Modulation Fridays 8–10pm)
- 3:00am World Café

Saturday

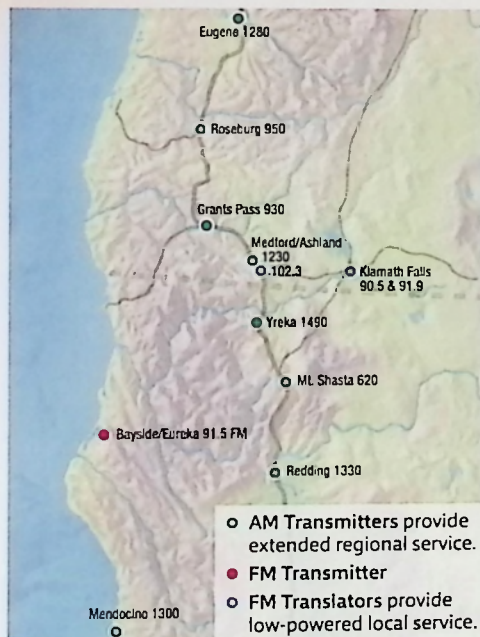
- 5:00am Weekend Edition
- 10:00am Wait Wait... Don't Tell Me!
- 11:00am The Best of Car Talk
- 12:00pm Radiolab
- 1:00pm Q the Music
- 2:00pm E-Town
- 3:00pm Mountain Stage
- 5:00pm All Things Considered

- 6:00pm American Rhythm
- 8:00pm Sound Opinions
- 9:00pm The Retro Lounge
- 10:00pm Late Night Blues
- 12:00am Undercurrents

Sunday

- 5:00am Weekend Edition
- 9:00am The Splendid Table
- 10:00am This American Life
- 11:00am The Moth Radio Hour
- 12:00pm Jazz Sunday
- 2:00pm American Routes
- 4:00pm TED Radio Hour
- 5:00pm All Things Considered
- 6:00pm The Folk Show
- 9:00pm Folk Alley
- 11:00pm Mountain Stage
- 1:00am Undercurrents

News & Information Service



- AM Transmitters provide extended regional service.
- FM Transmitter
- FM Translators provide low-powered local service.

Monday through Friday

- 5:00am BBC World Service
- 7:00am Diane Rehm Show
- 8:00am The Jefferson Exchange
- 10:00am The Takeaway
- 11:00am Here & Now
- 1:00pm The World
- 2:00pm To the Point
- 3:00pm Fresh Air
- 4:00pm On Point
- 6:00pm Fresh Air (repeat)
- 7:00pm As It Happens
- 8:00pm The Jefferson Exchange
- (repeat of 8am broadcast)
- 10:00pm BBC World Service

Saturday

- 5:00am BBC World Service
- 7:00am WorldLink
- 8:00am Day 6
- 9:00am Freakonomics Radio
- 10:00am Living On Earth
- 11:00am Science Friday
- 1:00pm To the Best of Our Knowledge
- 3:00pm West Coast Live
- 5:00pm Ask Me Another
- 6:00pm Selected Shorts
- 7:00pm BBC World Service

Sunday

- 5:00am BBC World Service
- 7:00am Inside Europe
- 8:00am On The Media
- 9:00am Ken Rudin's Political Junkie
- 10:00am Reveal
- 11:00am TED Radio Hour
- 12:00pm To the Best of Our Knowledge
- 2:00pm Backstory
- 3:00pm America's Test Kitchen
- 4:00pm Travel with Rick Steves
- 5:00pm This American Life
- 6:00pm Fresh Air Weekend
- 7:00pm BBC World Service

Translators

Klamath Falls 90.5 FM / 91.9 FM

Ashland/Medford 102.3 FM

Stations

KSJK AM 1230
TALENT

KAGI AM 930
GRANTS PASS

KTBR AM 950
ROSEBURG

KRVM AM 1280
EUGENE

KSYC AM 1490
YREKA

KMJC AM 620
MT. SHASTA

KPMO AM 1300
MENDOCINO

KNHM 91.5 FM
BAYSIDE/EUREKA

KJPR AM 1330
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BOOK 1: THE SIGHT

CHAPTER 1

He rode alone, a dark rider gone from his post for over five years. It rained all that first day in the high country across the North Sea where the cold winds were blowing down from the northwest when he left Lothian after spending the past year with Master Hutger. His black horse Calidus halted, sensing the rider's wish to stop, as horse and man were one. The dark green cape blew in a great arc, fluttering the fur beneath which kept him warm as he turned back down the trail by which they had come and took another path he had spied earlier leading to a copse in the wilderness. The whistling wind ushered them toward the shelter of oak and pines where they rested for the night.

He was crossing the northern lands of Scotland from east to west. In between were woodlands and heather strewn moor, scattered huts, sheep grazing amid boulders, and singular *menhir* standing stones. Sometimes the massive stones were in a row, sometimes one stood alone, and sometimes they were in a circle *henge*, or felled over haphazardly. He had taken refuge at the occasional inn when he found one, but more often he inquired to stay in a stable or floor with some local farmer scratching out a living in this harsh landscape, for he preferred to share coin with those most in need.

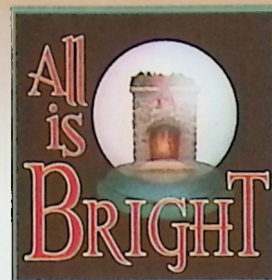
Although it was in the early spring of the year that he was traveling, it seemed that in this country it got colder as the season progressed, not warmer. Crossing south of the wall of Antonine,

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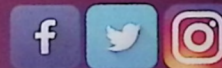
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JPR's News & Information Service



Quiet, Please!

Been to a live concert recently? How was the experience? Did it meet the expectations you had going in? Increasingly, it seems that for many, the concert going experience is coming up a bit short due to an old problem with new twists; namely, poor etiquette among patrons.

Noisy crowds are a regular, and indeed expected thing at music clubs that specialize in louder rock music. But the inherent decibel level of the act on stage is usually more than enough to drown out the din. But at smaller venues or with quieter acts, a noisy crowd can be a real detriment to an artist's ability to connect in a meaningful way with their fans and to fans' ability to enjoy the artist. At one recent show I attended in Ashland, the crowd of 150 or so was so loud it was difficult to tell when the concert even started. It wasn't until the second song that people started to really pay any attention.

There's a guideline that I like to use in relation to the concert experience. The "one third, two thirds" rule. That is, the front 1/3 of the crowd is there to participate actively in the concert experience. The remaining 2/3 are there to participate in a social experience, with music accompaniment. The front third doesn't have to strain to hear among the laughing, talking, and other partying that goes on near the back.

A recent show at the Ashland Armory featured the very lovely (and soft) harmonies of the duo Lily & Madeleine—a recent in-studio guest at JPR. The crowd—obviously there for the headliner—was such a noisy bunch that most of the ladies' stage banter was lost in the milieu, and it was a struggle to hear most of their abbreviated set. For those in the front few rows, there was quite a nice performance going on. For the rest, it was time to catch up with friends.

The Britt Music and Arts Festival is a good laboratory to try out the 1/3, 2/3 concept. Get back past the sound board on the hill, and it's often a noisy picnic with some music in the background. That can be rather frustrating to folks who've stood in line for a couple of hours for the "land grab" of lawn seats, only to have the constant distraction of their neighbors throughout the show. I talked with Britt's Mike Gantenbein about this phenomenon, and while he did agree that some shows are a bit problematic, he said it's very dependent on the particular artist.

It's certainly not limited to outdoor venues. Jana Pulcini-Leard at the Cascade Theatre in Redding added that talking—not a quick whisper, but full blown conversation during performances is on the rise there. She added that cell phone usage during shows, with those bright screens that grow larger every year is also on the rise. Most of those pictures are junk anyway.

Talia Engel, who books music at the Brickroom in Ashland posited that it's a problem perhaps amplified when there's a



low cost of entry. Low ticket prices or cover charge don't exactly cause a high degree of investment in the experience, right? But you can't say that some of the Britt shows or Les Schwab concerts are inexpensive, so that argument just doesn't explain the phenomenon of buying tickets to a concert, only to barely pay attention. A "sit there and be quiet" blanket policy seems draconian, but I'm not sure where the happy middle is.

One other problem has been popping up with a lot more regularity. Smoking. And I'm not talking tobacco. Pot smoke at concerts is nothing new, of course. But for years (decades?) it was relatively isolated, fairly subtle (it is still illegal, after all), and mostly unobtrusive. But lately, marijuana consumption at concerts is casting a much bigger cloud (pun intended) over shows.

Perhaps nowhere was this on display more visibly than Hardly Strictly Bluegrass. The gigantic festival, held in San Francisco's Golden Gate Park, drew an estimated crowd this year of 700,000 people. As a free event in the middle of an urban setting, the crowd is comprised of a giant stew of tourists (including me), aging music fans (me?), homeless, hippies, hipsters, and a gaggle of "travelers." The sheer enormity of the event makes any attempt at policing pot consumption completely futile. Giant clouds of smoke floated above the crowd at most of the stages in the park. And "subtle" people were not. From pipes of all shapes and sizes, to "flower girls" wandering through the crowd with baskets of "joints, cookies, two for \$5," it was everywhere. Interestingly, the emcees at Hardly Strictly made (laughable, considering the scene) official pre-show announcements before every set reminding people that there was no smoking of tobacco allowed in the park. Thanks for that.

Unlike drinking, which is also a regular occurrence at most concerts, marijuana use tends to negatively affect the neighboring patrons, much the way cigarette smoke used to before smoking bans became commonplace. Beer and wine drinkers don't have that kind of negative effect on neighbors unless there's excessive consumption. And then, eww. Britt's Gantenbein pointed out that cigarette smokers are generally now pretty considerate overall and adhere to smoking bans or designated smoking areas. But people who smoke weed (or vape, another topic entirely) haven't come around yet.

Perhaps we're at the beginning of a new round of education, awareness, and training for pot smokers at concerts the way tobacco users' behavior has been gradually altered. With the steady march towards legalization of marijuana, an outright ban is starting to feel as silly as a ban on a six-pack, but perhaps

Continued on page 31

DON KAHLE

"Stranger Danger" Fans Our Fears

The world seems to be coming apart at the seams, so the question we should each be asking ourselves is how can we not follow that trend? It's not that hard. You're safer than you think.

You're never completely safe. Eliminating every risk is impossible. Caskets offer something close to absolute security, until bugs eventually intrude or an asteroid careens our planet out of its temperate orbit.

After you die, your body is not completely protected. It's just that you care less. Our challenge today is grounded in the opposite condition. We're being trained to care so much that anxiety colors our everyday activities. Whenever that happens, as the saying unfortunately goes, terrorism wins.

Until the early 1960s, television network news was only 15 minutes long every weeknight. Walter Cronkite pushed for it to be doubled in response to Martin Luther King's March on Washington in 1963. News has been expanding ever since. Well, no. News hasn't expanded. News coverage has expanded. We have 24-hour news networks now, but not enough news to fill them, so stories — especially sensational ones — are endlessly repeated.

As a former editor at The Register-Guard liked to remind audiences, when 999 airplanes land safely, that's not news. When one doesn't, it is. But we're not reminded about the 999 when we're told about the one.

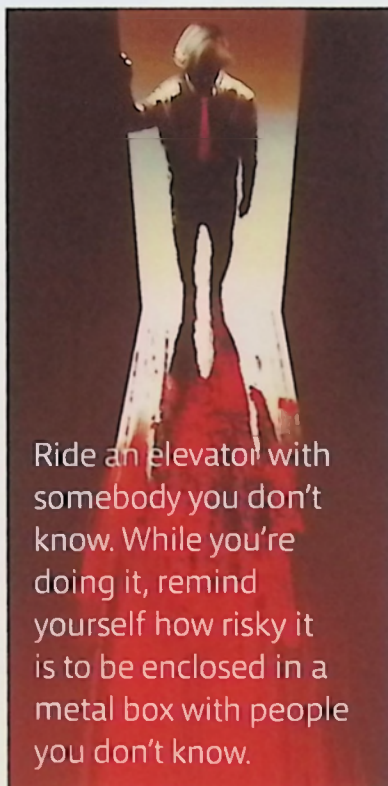
You may have heard the adage that governs many a newsroom: "If it bleeds, it leads." Fear captures attention better than anything else. Advertisers like that. Changing the channel of turning it off is getting harder.

News consumption is no longer limited to appointment viewing or our daily commute. We may get pinged with a news alert on our phones while hiking in the wilderness. News often pops up while we're checking a recipe or looking at a relative's vacation photos.

So our dilemma is defined.

The news we're told is mostly bad, shorn of context and unavoidable.

What can we do to remind ourselves of all the good that makes the occasional bad so notable? I have a few suggestions, all aiming to overcome the "stranger danger" fear instilled in us when we were young.



Pick from this menu or make up your own. Each sounds a little bit frightening, but that's the stranger danger reflex speaking.

My most ambitious suggestion is simpler than you would guess. Become an Airbnb host. Or use Airbnb or some other home stay alternative the next time you travel. I've done both and this is what I've learned. Almost everybody you meet is normal, considerate, even sometimes delightful.

Yes, there are occasional hiccups. There was the guest who asked for the Wi-Fi to be turned off because she was "very sensitive." There was the chap who requested his sheets be washed twice with unscented detergent before he arrived. Or the fellow who wandered into our living room, asking if he could use our computer printer.

But those memorable few are vastly outnumbered by the people who are thoughtful and generous, respectful, helpful and grateful.

If that sounds too ambitious for you, try this. Use this newspaper's classified ads (or Craig's List, if you prefer) to buy or sell something not too expensive — a coffee pot, a bedspread, a tent, a bicycle. You'll meet strangers who may have nothing in common with you except the thing that was listed. If the exchange proceeds, a need will be met between two people who don't know one another. Almost certainly, nothing bad will happen.

Here's the simplest one, and you may already be doing it every day. Ride an elevator with somebody you don't know. While you're doing it, remind yourself how risky it is to be enclosed in a metal box with people you don't know. They could pull that red button and stop the car between floors. But they don't. Over and over, day in and day out.

That's what life is really like. Life resembles that elevator ride much more than anything you're likely to see on the news. We can't do much to mend the world's seams, but we can change for ourselves how the world seems.



Don Kahle (fridays@dksez.com) writes a column each Friday for *The Register-Guard* and blogs at www.dksez.com.



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Inside The Box

Continued from page 19

Prominent Internet organizations such as the Internet Association, whose members include Amazon, Facebook, and Google, joined the government's side, arguing that the claims in the lawsuit contained "fundamental inaccuracies regarding how the relevant Internet technologies work".

The motion for a restraining order against the DoC was denied by a U.S. District Court judge just hours before the midnight deadline, and the U.S. government handed full control of root DNS to ICANN as planned.

Yes, America invented the Internet, but it's not "giving it away" any more than the ancient Greeks gave away democracy. The Internet needs governance, but that governance should be democratic and global.

ICANN, which is located in Los Angeles, may not be the best long-term solution for the ongoing technical operation of the root DNS servers and the creation and assignment of TLDs. Neither may the U.N.

But if we've learned anything from the Snowden leaks that revealed the extent to which U.S. intelligence agencies (namely, the NSA) conducted Internet surveillance on citizens, it's that we should strive for less government involvement in the Internet—not more.



Scott Dewing is a technologist, teacher, and writer. He lives with his family on a low-tech farm in the State of Jefferson.

Theatre

Continued from page 23

part, she worries that it might all disappear as mysteriously as it came to be. She thinks about Sarah Bernhardt, who met a young actress right before she, Bernhardt, was to go onstage. When the younger woman mentioned that Bernhardt's hand was trembling when she shook it, Bernhardt explained that she was afraid. The younger woman expressed surprise; she herself wasn't afraid before a performance. Once you've performed long enough, Bernhardt replied, you will be afraid.

Of theatre and acting, Bruner offers a similar confession: "The longer I do it, the less I know about it, and the more precious it becomes."



Molly Tinsley taught literature and creative writing at the U. S. Naval Academy for twenty years. Her latest book is a middle-grade fantasy adventure, *Behind the Waterfall* (www.fuzepublishing.com)

On The Scene

Continued from page 21

larly hearing from people I don't already know, or necessarily agree with, and then I get to bring them all together through an open-ended, non-judgmental survey question. It's a fascinating process every week, and I hope you'll join in by following @JeffersonExchange on FB and Twitter.

We've also established a voicemail for people who aren't on social media, don't want to deal with a live phone bank, but can still drop off their opinions before the Wednesday program.

The topic changes every week, and that line is 541-552-6331.

The point of all this is definitely NOT to exclude anyone's voice, especially those of our longtime, loyal callers. But, there's a lot of air to go around and plenty of room for people with varying backgrounds and experiences to join in the conversation.

With these ideas at heart, we're turning a new leaf on the Exchange in 2017, beginning with a name change from VENTS-day to TwoCentsDay.

I'm looking forward to another year of those spontaneous exchanges grounded in civility and mutual respect for other people's intelligence.

Speaking of which, we recently invited Marjorie Trueblood-Gamble of Southern Oregon University to try her hand at guest-hosting an hour, when both of the guests also happened to be women.

Marjorie did a great job during her very first time at the helm of a live broadcast, and the conversation managed to nab one more long-time listener, first time caller.

Shortly after I screened that call, one of our regular callers landed in the phone bank. He declined to go on the air with a comment, but wanted to ask me privately why I had only included women in this particular segment.

I couldn't help but laugh, and thank him for taking the time to call.

That's 1-800-838-3760, or email us, jx@jeffnet.org.



Emily Cureton is the producer and engineer of the Jefferson Exchange, heard on JPR's News & Information Service weekdays, and online at ijpr.org.

Recordings

Continued from page 27

those that need a little chemical assistance in order to enjoy a concert could be nudged toward an alternative that doesn't affect others. I hear brownies are yummy.



Eric Teel is JPR's Director of FM Network Programming and Music Director.

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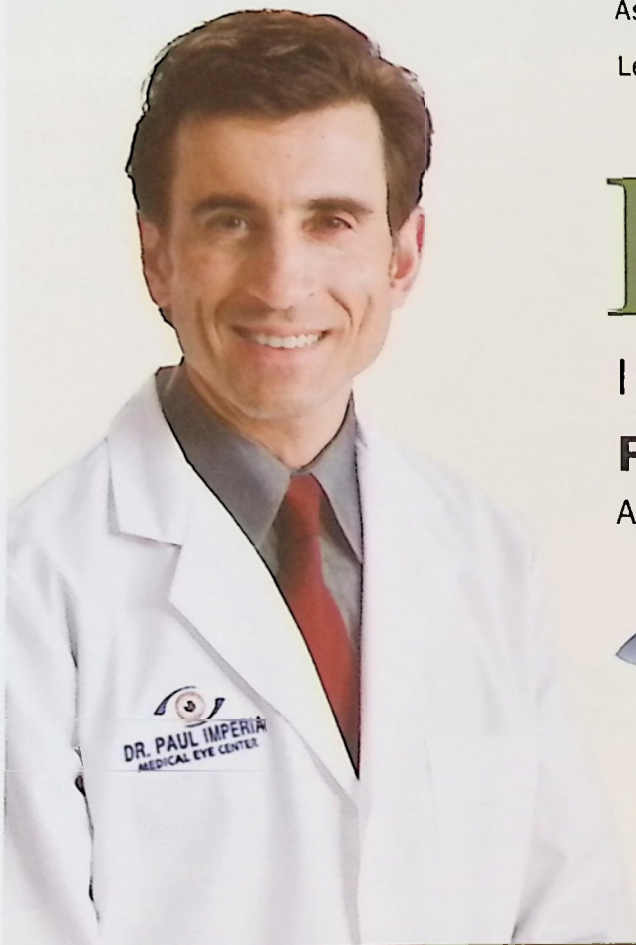
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SYLVIA POGGIOLI

Monuments And Artifacts Destroyed By ISIS 'Rising From Destruction' In Rome

Alongside the massive, rising death toll in territories controlled by the Islamic State, one of the major casualties has been a trove of ancient treasures that are part of the Middle East's cultural heritage.

Now, replicas of several masterpieces vandalized or destroyed in Syria and Iraq have been created in Italy and are part of a UNESCO-sponsored exhibit called "Rising from Destruction." The exhibit, which goes through Dec. 16, has been set up in the Colosseum, the most visited site in Rome, drawing 6 1/2 million tourists a year.

"People started calling the amphitheater the 'Colosseum' from the colossus that was outside," a guide tells a group of tourists. While the ancient Romans saw a large statue of the Emperor Nero outside, today's visitors can now admire a different one inside – a human-headed winged bull.

Standing some 16 feet high, it's a life-size replica of the original that stood outside the palace at Nimrud in Iraq, bulldozed into dust by the Islamic State last year in what had been the capital of the Assyrian empire, founded in the 13th century B.C.

"The winged bull was especially challenging because of its size," says art historian and restoration expert Cristina Acidini, who supervised the reconstructions in the Colosseum exhibit.

Specially trained technicians, she explains, worked from photographs to create a small-scale model. Then, thanks to 3-D printers and other state-of-the art technology, the replica was created in several pieces. These were then "hardened with a special varnish, and after the hardening process, has been totally covered by layers of layers of real stones, three kinds of stones, that have been grinded, like dust," she says.

The pieces were then assembled inside the Colosseum like a giant, three-dimensional jigsaw puzzle.

The other full-scale replicas in the exhibit are the reconstruction of a room in Ebla, Syria, where ancient archives had been discovered, and a portion of the ceiling from the 2,000-year-old Temple of Bel in Palmyra, the UNESCO world heritage site that was home to some of the Middle East's best-preserved ancient artifacts.

Francesco Rutelli, curator of the exhibit, says its message is "to show that all that has been destroyed can be reconstructed." Rutelli – who was once Italy's culture minister – says one country's cultural heritage is important for all humankind "because it is our heritage, not only the Syrian or Iraqi or Afghan or Latin American. It is a universal heritage".

During its 10-month occupation of Palmyra, the Islamic State razed two ancient temples and a triumphal arch. In August 2015,



PHOTO: SYLVIA POGGIOLI/NPR

Two ancient marble busts, damaged during ISIS's occupation of the ancient site of Palmyra in Syria, are included in the exhibition.

Replicas of several masterpieces vandalized or destroyed in Syria and Iraq have been created in Italy and are part of a UNESCO-sponsored exhibit called "Rising from Destruction."

ISIS militants also beheaded Khaled al-Asaad, the archaeologist who had been Palmyra's antiquities custodian for 40 years, because he refused to reveal the location of artifacts he had hidden.

The Rome exhibit also contains two ancient marble busts – that Rutelli calls the "war-wounded of Palmyra" – damaged during ISIS's occupation of the ancient site. The busts will be restored in Italy and returned to Syria once the conflict is over.

The curator says that while during a war it's very rare to open up a corridor for culture, the two busts were able to arrive in Rome thanks to a complicated diplomatic effort and the cooperation of both the Syrian Directorate of Antiquities and members of the opposition. "It is a very rare situation," says Rutelli. "We have to recognize that there are people who do not resign when the danger comes."

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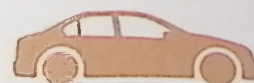
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THE SALT

JOE PALCA

This Scientist Is Trying To Unravel What Sugar Does To The Brain

Most of us have been tempted at one time or another by the lure of sugar. Think of all the cakes and cookies you consume between Thanksgiving and Christmastime!

But why are some people unable to resist that second cupcake or slice of pie? That's the question driving the research of Monica Dus, a molecular biologist at the University of Michigan. She wants to understand how excess sugar leads to obesity by understanding the effect of sugar on the brain.

Dus's interest in how animals control the amount they eat started with a curious incident involving her two Bichon Frise dogs. One day, Cupcake and Sprinkles got into a bag of dog treats when Dus wasn't around. The dogs overdid it.

"I couldn't believe that these two tiny, 15-pound animals had huge bellies for three days and they couldn't stop themselves from eating," she recalls.

Dus was already an expert in fruit fly genetics, so she decided to study flies to see if she could unravel the puzzle of how the brain controls eating behavior.

Her lab has a working hypothesis. Dus believes a diet high in sugar actually changes the brain, so it no longer does a good job of knowing how many calories the body is taking in. She thinks there are persistent molecular changes in the brain over time – changes that pave the way for excessive eating and eventually, obesity.

"Perhaps it has nothing to do with will, and a lot to do with biochemistry," she says. Just as scientists in the last century showed there was a link between smoking and lung cancer, Dus thinks she can find a link between an early exposure to a diet high in sugar and obesity.

Dus' ideas have been attracting attention. She's just received a \$1.5 million, five-year New Innovator award from the National Institutes of Health. It's a new kind of grant aimed at "exceptionally creative, early-career investigators who propose innovative, high-impact projects."

She's also a Rita Allen Foundation Scholar, a program that is intended to help young investigators "establish labs and pursue research directions with above-average risk and promise."



COURTESY OF MONICA DUS

Monica Dus is a researcher at the University of Michigan. She just won a \$1.5 million Young Innovator grant from the National Institutes of Health to study how a high-sugar diet may lead to obesity by changing brain chemistry.

Dus is taking a multidisciplinary approach to understanding how sugar affects the brain. When I visited her lab at the University of Michigan, she took me into a room where Christina May was studying individual cells in a fruit fly's brain.

"I stimulated the fly mouth with sugar, and I recorded from this part of the brain," May explains to me. She is comparing the brains of flies that have been fed a steady diet of sugar with those who are raised on a normal diet.

The flies on the high-sugar diet consumed more calories overall than the flies who ate the normal fruit fly food. In other words, a steady diet of sugar makes you eat more than you need. No surprise there. As we've reported before, there's growing scientific evidence that sugar has addictive properties. What May and Dus want to do is find out how a diet high in sugar alters normal control systems in the brain.

Across the hall, Jenna Clem takes a very different approach. She's working with Dus to study the genes in the brain that control eating in fruit flies.

"This is an incredibly complex system," says Clem. She believes that an animal's eating habits and environment change its genes and how they function.

Dus is getting ready to write up some of her early results, and things are looking promising. If she can prove that there are chemical changes in the brain that lead to obesity, it could change the way we tackle the obesity epidemic.

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Has The Human Life Span Hit The Ceiling?

Human life spans have been increasing for decades thanks to advances in treating and preventing diseases and improved social conditions.

In fact, longevity has increased so much in recent decades that some researchers began to wonder: What is the upper limit on human aging?

"We never had so many centenarians as we have now," says Jan Vijg, who studies molecular genetics at the Albert Einstein College of Medicine in New York. "Maybe we can actually live much longer than 100. Maybe this goes on and on and on."

So Vijg decided to try to find out if that's the case. His conclusion, published online in the journal *Nature*: The seemingly inexorable rise in the human life span may have hit a ceiling of about 115 years.

"We cannot break through that ceiling," Vijg says. "The take-home message essentially is this whole ever-increasing life expectancy of humans cannot go on."

Vijg and his colleagues are basing their conclusions on an analysis of decades of longevity records from around the world, including the Human Mortality Database and the International Database on Longevity.

"Every year we looked at who was the one who died in that year and was the oldest human in existence," Vijg says.

The researchers found that the age of the oldest people dying had indeed increased steadily between the 1960s and 1990s, according to their report.

But beginning in the 1990s, "you no longer see that," Vijg says. "You see that it stays the same."

The absolute maximum human life span may be as high as 125, the researchers calculated. But the chances of anyone actually living that long are less than 1 in 10,000.

"If we would have 10,000 worlds like ours, only one individual across all these 10,000 worlds would reach 125 in any given year," Vijg says.

But, he added, "the take-home lesson from what we found is that the human species most likely has a maximum life span of



The seemingly inexorable rise in the human life span may have hit a ceiling of about 115 years.

about 115 and we cannot break through that ceiling, at least not as far as we now know."

Other experts say it's not surprising that human longevity may have hit a ceiling.

"Right now, all we're doing is we're combating one disease at a time: heart disease, cancer, stroke," says S. Jay Olshansky, who studies aging at the University of Illinois and wrote a commentary article accompanying the report.

"It's like a game of whack-a-mole. You know: One disease goes down another comes up," he says.

Olshansky says the only way that could change is if scientists figure out a way to fight the underlying cause of aging, not just individual diseases.

"That would be a game changer," he says.

Scientists are conducting a range of research to try to do that, including studying the genes of families that seem to have a lot of members who live unusually long lives. Some are also trying to identify beneficial substances in the blood of young people that might improve their chances of having a long life, he says.

But no one expects scientists to discover some kind of pharmaceutical fountain of youth anytime soon.

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Classic Creamy Oyster Stew

The gorgeous simplicity of a classic oyster stew has had a hard time lately. Chefs want to do the multi-ingredient razzle-dazzle with a dish that is perfect when you just leave it be.

In this case, taking the easy way out gives you the best of the best. Oyster stew is that occasional luxury you can pull off on a work night. A handful of ingredients, a pint of shucked oysters and you have one of the great dishes of winter.

Prep time: 15 minutes
Cook time: 15 minutes
Total time: 30 minutes
Yield: 3-4 servings

Ingredients

1 pint shucked oysters in their liquid
4 tablespoons butter
2 medium shallots, minced
1 small garlic clove minced
salt and fresh ground black pepper to taste
4 cups milk
2 cups heavy cream
2 to 3 drops Tabasco sauce, or to taste
Oyster crackers
Extra butter (optional)

Instructions

1. Lift the oysters out of their liquid, checking for bits of shell and sand. Pass the liquid through a fine strainer to remove any sand. Chill the oysters and liquid separately.
2. In a 3 to 4-quart saucepan melt the butter over medium heat, stir in the shallots and saute until shallots are softened and clear. Blend in garlic, a few pinches of salt and pepper. Cook 30 seconds. Stir in the milk, cream, oyster liquid and Tabasco. Bring them to a simmer. Cook for 2 minutes at a gentle bubble, take care that they don't boil over, keep them at a simmer.
3. Turn the heat down so the liquid barely bubbles, blend in the oysters and cook them for just a minute or until their edges begin to curl, you want them very tender. Serve the stew right away with oyster crackers. Some people like to swirl extra slivers of butter into each serving.

Lynne Rossetto Kasper is host of *The Splendid Table* heard on JPR's *Rhythm and News Service* Sundays at 9am.



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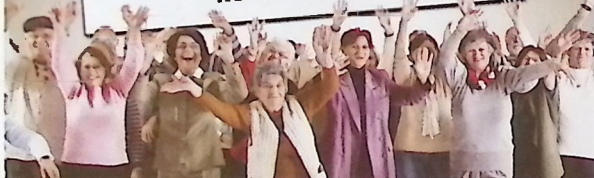
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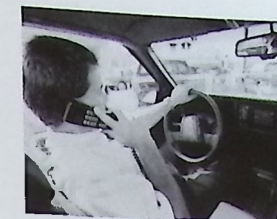
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**TECH, CULTURE
AND CONNECTION**

NPR STAFF



David's swanky car setup cost him \$3,300 for the hardware: a phone, "a transmitting box the size of a small briefcase that fits into his trunk" and something Wagner calls "wiring charges."

When Phones Went Mobile: Revisiting NPR's 1983 Story On 'Cellular'

A decade after Martin Cooper made the world's first public call from a portable phone in 1973, telephones were becoming truly mobile.

"It's still pretty rare to see someone using a telephone in a car. But it's about to become a lot more common." That's how NPR host Jim Angle introduced a piece on Nov. 5, 1983, titled "Cellular Phones Are Completely Mobile" — the earliest mention of the term found in NPR's archives.

From the vantage point of 2016 — where mobile devices outnumber people — the story is pretty mesmerizing. It features an insurance salesman from Chicago named David, who is "among the first 1,500 customers to use a new mobile phone system called cellular," says reporter Linda Wagner.

David's old mobile phone used a "party line system," she explains. It bounced multiple calls off one high-powered transmitter, which in David's case had only 12 radio frequencies available, Wagner says, meaning "only 12 people in a 50-mile radius could use the system at once."

But here she recorded the launch of "cellular" — cities divided into "cells" that connected into a network that handed off the signal from one radio antenna to the next, continuing the call even as the caller traveled from one area to another.

This was a big deal. Wagner says under the previous system, only 1,000 people could be mobile phone consumers in Chicago, a city of some 3 million. "With cellular technology" — Wagner makes what in retrospect is the understatement of the century — "the market seems wide open."

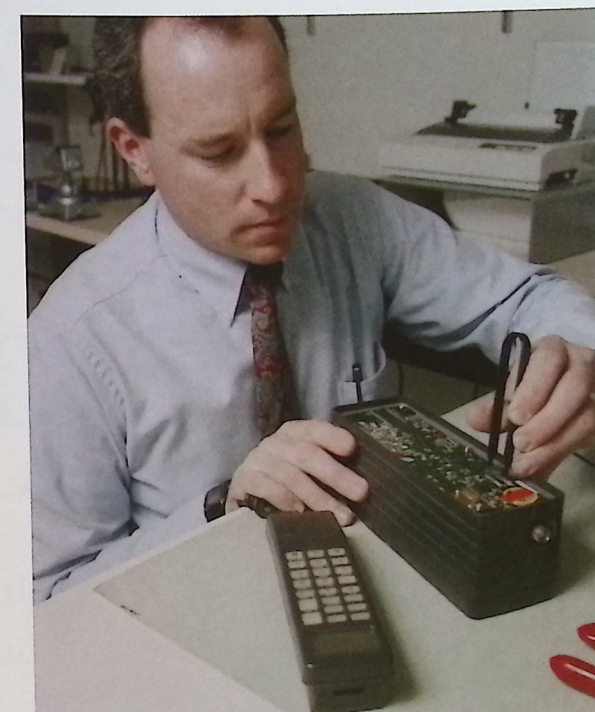
She predicts that by the end of 1984, cellular mobile phones will be operating "in New York, Detroit and other major American cities."

Insurance salesman David could now work while driving. He could "direct-dial to any number or receive calls from any number in the world," Wagner says.

She describes him reaching to the touchtone phone to the right of his driver's seat. He enters the number and pushes the button marked "send" and picks up the receiver, which he calls a "headset."

"If I wanted to, I could put this headset down and talk to you over the microphone," he says. He has "essentially a speakerphone in the car," he explains.

Remember, this is 1983, when phones still looked like hefty bricks — almost a decade before the first text message of 1992, which had to be typed on a computer because, well, phones didn't have keyboards.



A phone number assignment is inserted into a cellular phone in California in January 1992.

David's swanky car setup cost him \$3,300 for the hardware: a phone, "a transmitting box the size of a small briefcase that fits into his trunk" and something Wagner calls "wiring charges." In addition, the service itself cost on average roughly \$2,000 a year.

In other words, this was quite the luxury item — "not like putting a phone in your house," David says, to remind you again that we're in 1983.

"But what it boils down to is that it's cost-effective," he continues. "I'll be able to utilize what really amounts to dead time when you're driving in your car. There's not much you can do," he says. "You can't write letters."

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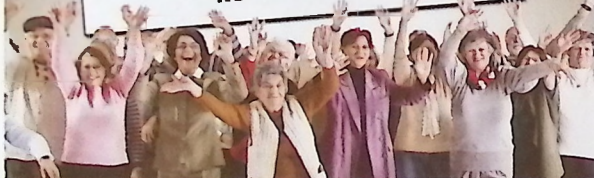
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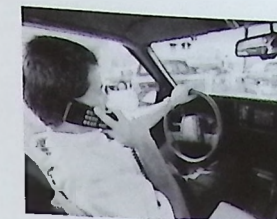
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**TECH, CULTURE
AND CONNECTION**

NPR STAFF



David's swanky car setup cost him \$3,300 for the hardware: a phone, "a transmitting box the size of a small briefcase that fits into his trunk" and something Wagner calls "wiring charges."

When Phones Went Mobile: Revisiting NPR's 1983 Story On 'Cellular'

A decade after Martin Cooper made the world's first public call from a portable phone in 1973, telephones were becoming truly mobile.

"It's still pretty rare to see someone using a telephone in a car. But it's about to become a lot more common." That's how NPR host Jim Angle introduced a piece on Nov. 5, 1983, titled "Cellular Phones Are Completely Mobile" — the earliest mention of the term found in NPR's archives.

From the vantage point of 2016 — where mobile devices outnumber people — the story is pretty mesmerizing. It features an insurance salesman from Chicago named David, who is "among the first 1,500 customers to use a new mobile phone system called cellular," says reporter Linda Wagner.

David's old mobile phone used a "party line system," she explains. It bounced multiple calls off one high-powered transmitter, which in David's case had only 12 radio frequencies available, Wagner says, meaning "only 12 people in a 50-mile radius could use the system at once."

But here she recorded the launch of "cellular" — cities divided into "cells" that connected into a network that handed off the signal from one radio antenna to the next, continuing the call even as the caller traveled from one area to another.

This was a big deal. Wagner says under the previous system, only 1,000 people could be mobile phone consumers in Chicago, a city of some 3 million. "With cellular technology" — Wagner makes what in retrospect is the understatement of the century — "the market seems wide open."

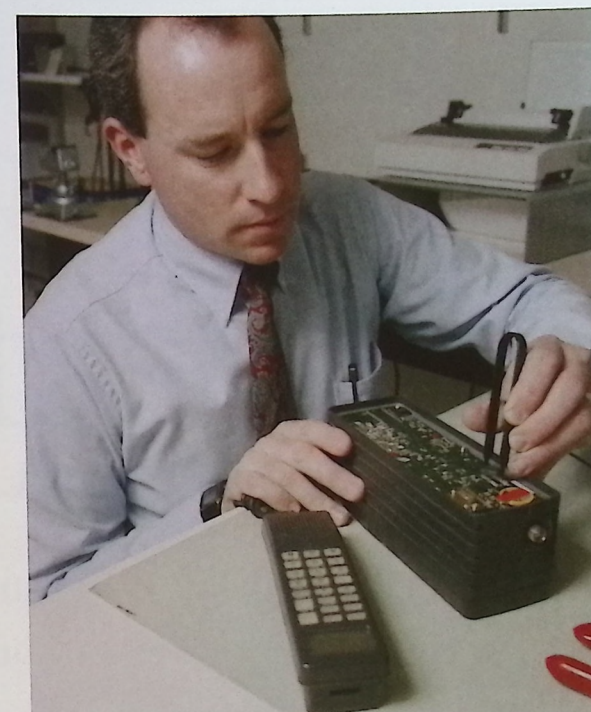
She predicts that by the end of 1984, cellular mobile phones will be operating "in New York, Detroit and other major American cities."

Insurance salesman David could now work while driving. He could "direct-dial to any number or receive calls from any number in the world," Wagner says.

She describes him reaching to the touchtone phone to the right of his driver's seat. He enters the number and pushes the button marked "send" and picks up the receiver, which he calls a "headset."

"If I wanted to, I could put this headset down and talk to you over the microphone," he says. He has "essentially a speakerphone in the car," he explains.

Remember, this is 1983, when phones still looked like hefty bricks — almost a decade before the first text message of 1992, which had to be typed on a computer because, well, phones didn't have keyboards.



A phone number assignment is inserted into a cellular phone in California in January 1992.

David's swanky car setup cost him \$3,300 for the hardware: a phone, "a transmitting box the size of a small briefcase that fits into his trunk" and something Wagner calls "wiring charges." In addition, the service itself cost on average roughly \$2,000 a year.

In other words, this was quite the luxury item — "not like putting a phone in your house," David says, to remind you again that we're in 1983.

"But what it boils down to is that it's cost-effective," he continues. "I'll be able to utilize what really amounts to dead time when you're driving in your car. There's not much you can do," he says. "You can't write letters."

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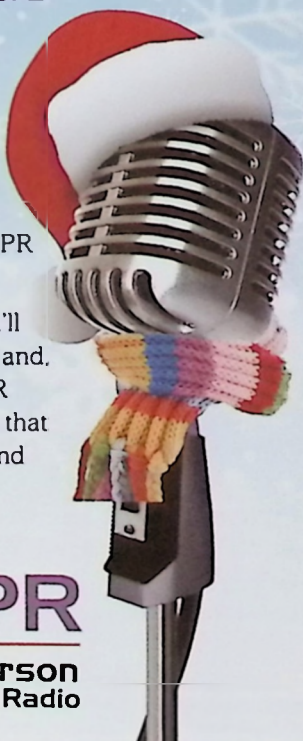
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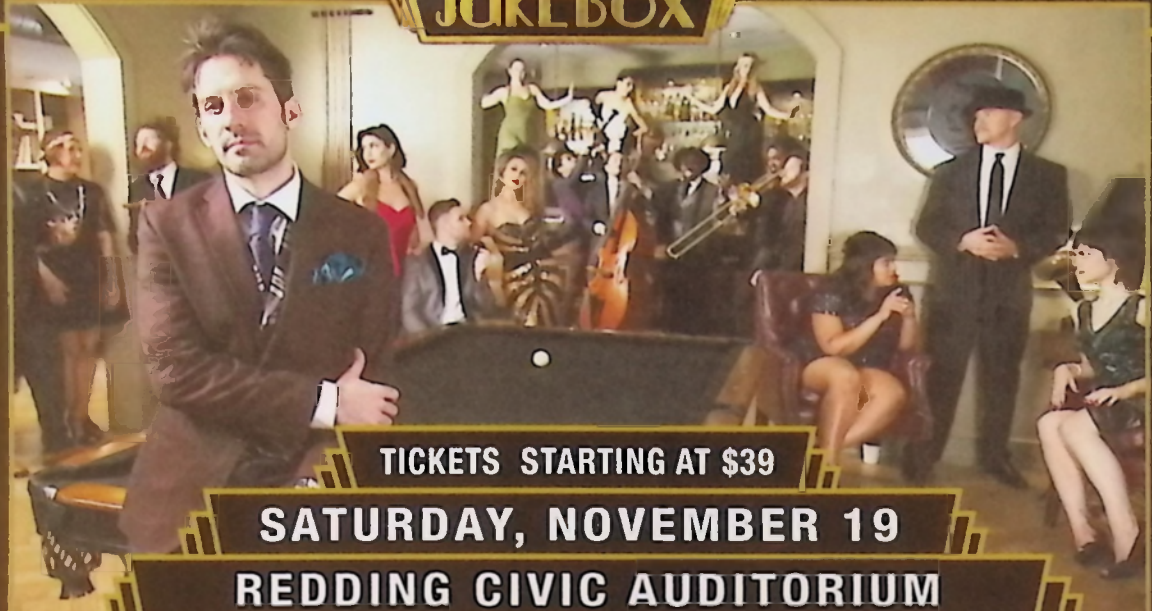
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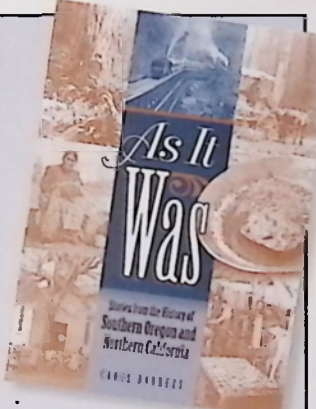


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As It Was is a co-production of Jefferson Public Radio and the Southern Oregon Historical Society. The series' script editor and coordinator is Kernan Turner, whose maternal grandmother arrived in Ashland in 1861 via the Applegate Trail.

As It Was airs Monday through Friday on JPR's Classics & News service at 9:30am and 1:00pm; on the News & Information service at 9:57am and 9:57pm following the *Jefferson Exchange*.

Saloons Empty When Gunshot Rings Out in Medford

By Alice Mullaly

Daloons, card rooms and rowdy folks gave Medford, Oregon's Front Street a poor reputation in 1911. Fights were common, but guns were rarely used. When a "deafening report rang out" on the night of June 8, the saloons emptied, windows and doors opened and a crowd gathered to see who had been shot.

"Get policeman Bill," someone shouted. Another replied, "Here he is now."

Out of the darkness, a large figure appeared from behind the train station. His helmet and silver star gleamed in the dim light as he put his Colt .45 back in his waistband and examined a spent shell. The crowd

shrunk back until someone shouted, "What happened? Who got killed?"

The policeman looked puzzled before a broad smile creased his face and another figure emerged from the blackness. The onlookers recognized City Councilman Wortman, who assured everyone that no one had been killed. He said a shipment of cattle had come into the station for him and one of the cows had broken a leg on the journey.

Wortman had asked the policeman to put her down, which he had obligingly done.

SOURCE: "It Was Only a Cow." Medford Sun 9 June 1911: 5. Print.

Poem Describes Busy Working Day of Pioneer Mother

By Alice Mullaly

Mabel Ramsey wrote this poem about her mother, Amy Dysert, an early pioneer of the mining town of Golden, Ore.

Mama's Mama on a winter's day, milked the cows and fed them hay,
Stopped the hogs, saddled the mule, and got the children off to school,
Did a washing, mopped the floors, washed the windows and did some chores,
Cooked a dish of home dried fruit, pressed her husband's Sunday suit,
Swept the parlor, made the beds, baked a dozen loaves of bread,

Split some firewood, lugged it in, enough to fill the kitchen bin,
Cleaned the lamps and put in oil, stewed some apples she thought might spoil,
Churned some butter, baked a cake, then exclaimed "For mercy sake!
The calves have got out of the pen"...went out and chased them in again,
Gathered the eggs and cleaned the stable, returned to the house and set the table,
Cooked a supper that was delicious, and afterwards washed the dishes,
Fed the cat, sprinkled some clothes, darned some socks that were full of holes,
Then she opened the organ and began to play:
"When You Come to End of a Perfect Day."

SOURCE: Ramsey, Roger C. "The Kentta-Ramsey Cabin - Part 1." *Daily Courier* 18 May 1992 [Grants Pass Oregon]: A 12. Print.

GARY LARK

Night Owl

I lingered
after the late theater crowd
ducked into cars and doorways,
after the hotel clerks
started to button up for the night.

The air was sweet with autumn
leaning into winter, cool before the cold,
and I needed to taste this moment
before heading into tomorrow
and its litany of purpose.

Out of the hillside dark trees
above the farthest lights
a barn owl already dressed in white
sailed in great silence
over all our fading scurry.

It dropped out of sight.
Was I the only one to see it?
such a marvelous, ordinary thing?
Up the hotel steps,
a savage grace flying with me.

Blackberry Jam

All the summers melt together
as the green river mixes
with a hot blackberry wind
and there is no other season,
no other life.

Clusters of fruit hang like gifts.
All you have to do
is brave the thorns.

At home we strain seeds
from the bubbling mass.
Not all of them—
there will be surprise lumps
for the smooth January taste.
We smear jam on cheeks
and lips and tongues
and hold each other with
wounded arms.

Gary Lark's books include *In the House of Memory* (BatCat Press, 2016); *Without a Map* (Wellstone Press, 2013); *Getting By*, winner of the Holland Prize (Logan House Press, 2009); and three chapbooks, including *River of Solace*, which received the *Turtle Island Quarterly* Editor's Award (forthcoming, December 2016). His work has appeared in *Beloit Poetry Journal*, *Hubbub*, *Poet Lore*, and *The Sun*. Three poems were featured on *The Writer's Almanac* with Garrison Keillor.

Writers may submit original poetry for publication in *Jefferson Journal*.

Email 3–6 poems, a brief bio, and your mailing address in one attachment to jeffmopoetry@gmail.com, or send 3–6 poems, a brief bio, and a self-addressed, stamped envelope to:

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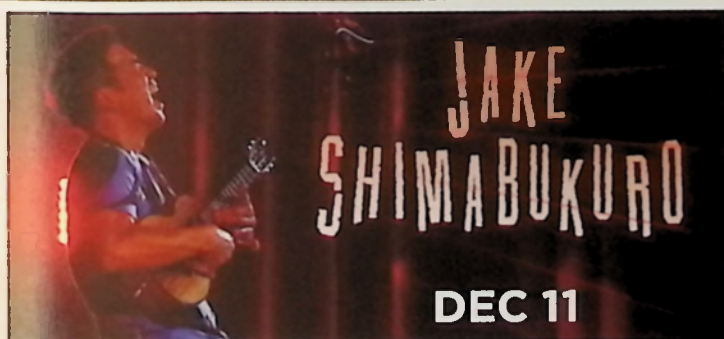
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